

Your guide to ethical eating, shopping & beauty

FEEL-GOOD FACTOR



PLUS

WIN

... a luxury
Lemon Spa
Detox Day

P52

Staff rush to offer first aid
as two gatecrash pool area

Knife and hammer fight spills into school

Beth.Allcock
@wharf.co.uk

A man was stabbed and another left suffering from injuries caused by a hammer following a fight that spilled into an Isle of Dogs school.

Staff at George Green's School in Manchester Road rushed to offer first aid to the injured men and were praised for their courage.

Police were called to the school last

Wednesday morning after reports a clash between two men with weapons had shifted from the street into the entrance to the hydropool.

The school was quick to reassure parents that no children were involved and headteacher Kenny Frederick issued a Tweet "before rumours start spreading".

A 34-year-old from E14 was stabbed while a 40-year-old man from Ilford received hammer blows to the head.

Continued on Page 9



KAY LOCKETT

Helen's high fashion

Helen Flanagan, above, Kelly Brook and a host of other fashion fans came to Canary Wharf for Lorraine Kelly's ITV High Street Fashion Awards
Pictures & reports / Page 5

Inside



Looking good in Limehouse

Tailors are taking on apprentices to handle ambitious expansion

Win

bespoke Harris & Zei two-piece suit

WORTH £1,000

P4



Prince Philip drops anchor

Duke takes tour of the Cutty Sark to mark 60 years as patron

P6

SPECIAL FOCUS Full reports and pictures from the Canary Wharf Jog **P63**



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WEATHER

17C TODAY
Showers

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17C SATURDAY
Cloudy

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Cloudy

17C MONDAY
Cloudy

TRAVEL

TUBE & DLR

No service on the Jubilee line between North Greenwich and Stratford. Use the DLR for connections between Canning Town, West Ham and Stratford. Replacement buses operating.

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ESTABLISHED 1998

Agenda

How I miss the hustling and bustling

I've been convalescing following my recent ill health. I can now sit up and go for what the doctors describe as a "gentle stroll" – like the elderly and infirm take along the seafront while they wait to die.

I haven't seen Canary Wharf for so long I'm beginning to suspect I imagined it. A world of glass towers, sculpted grass, and speedy suited drones that shoulder you out the way so they can refuel at Starbucks must be a dream.

A nightmare brought on by consuming too much cheese, my pain medication and watching *The Apprentice* before I go to bed.

BLONDE'S EYE VIEW



ANGELA CLARKE

Trapped here in the suburbs, I was lapped yesterday by a lady with a Zimmer frame. Untethered toddlers, with all the average pavement distractions of sticks, stones, and dog poo, are quicker than me.

I'm considering investing in a pair of those wheelie trainers so Mr Blonde can push me round.

The streetlamps go off at 11.30pm in my market town, safe in the knowledge that only miscreants would be out at such a late hour. Those were the days.

Give me the 24/7, environment destroying electric light of One Canada Square. Give me late night

bars. Give me wine till 3am. Give me a Chicken Cottage!

The locals here are inordinately excited about the opening of a new cafe. "Very London!" they cry.

The dynamic, ground breaking eatery that's got them all hyperventilating? A Pret. Oh Canary Wharf! I never thought I'd miss your wide range of chain restaurants.

I just caught myself thinking fondly of the silent crush on the Tube. Come back Jubilee line, all is forgiven. I really must be unwell; I'm even missing work.

Follow Angela on twitter:
@TheAngelaClarke

London eye



OLIVIA HARRIS / REUTERS

Second World War veteran Donald Hunt, 94, looks at messages and flowers left for British soldier Lee Rigby, at the scene of his murder in Woolwich
One week in May / Page 13

A week in London
Page 60

What our writers are talking about



■ I stood gawping at the rows of different models of ladies bikes, not having the first idea where to begin.

Tabitha Ronson

■ We have not convinced people we have a clear strategy to revive the economy, when in fact we have a strong foundation

Jim Fitzpatrick

■ This is how plays should be. The politics and the personal. The big themes and the little lives. Geopolitics and KFC.

Giles Broadbent

■ Where more appropriate for Bentley to stage the debut drive of its £140,000 Flying Spur than Beijing in China?

Chris Russon

60 Second Wharf

NEWS

School takes next step

Silvertown parents and teachers are celebrating after their Free School has taken another important step.

News • Page 6

We want a village green

Greenwich residents want to reclaim a patch of land from developers and create their own "village green".

News • Page 8

And don't come back

Activists have been censured over their action against Newham over its support for the Pleasure Gardens.

News • Page 11

FEATURES

Moya makes ready

Singer Moya is bracing herself for the big time as she prepares to support Rod Stewart at The O2.

What's On • Page 15

Go to your happy place

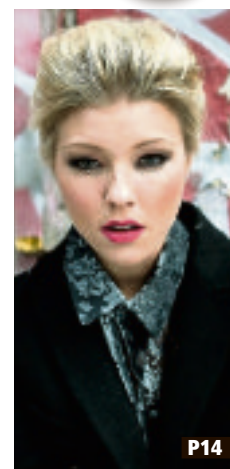
The practice of Transcendental Meditation can bring calm and eliminate the stresses of the day.

Health • Pages 52-53

Learning to be good

"I wasn't born ethical. I learned along the way," says Greenwich Market trader Delphine Jean-Gilles

Fashion • Pages 54-55



P14

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Statue causes ripples

KAY LOCKETT



A MYSTERIOUS figure that seems to be walking on water has appeared outside The Grapes at Dunbar Wharf.

And it's not a Mordor spell that made the Antony Gormley sculpture magically appear, but Sir Ian McKellen who had the figure installed outside his pub, looking out at the tides of the Thames.

Sir Ian is a Gormley fan and owns another of his artworks which stands on *The Lord of The Rings* star's balcony.

Narrow Street residents watched in amazement last week as the figure was installed on a 20ft plinth shipped on a barge and lowered in by crane. It took the team three days to drive a steel pile into the foreshore.

Tim Cheong, from Timuna Sea Dive Centre who photographed the figure's installation, said: "It's pretty generous of Sir Ian to put an iconic sculpture in a place that can be seen by anyone who's observant."

The Port of London Authority confirmed that the actor had been granted a permit to install the sculpture.

Martin Garside, from PLA, said: "We carefully assessed how the structure would be installed and if it would be a hazard to passing vessels – which it's not."

"The sculpture has been installed where an existing pile was already and is adjacent to other piles and structures which are in a safe zone. Sir Ian noticed the existing pile and asked if he could make good use of it."

Kay Lockett



Sir Ian McKellen

NEWS IN BRIEF

Around Docklands

Stabbing close to Lee murder scene

WOOLWICH A 20-year-old man was stabbed in the arms and chest just 300m from the spot where flowers and cards were lying in memory of Drummer Lee Rigby.

Police said that the stabbing on Sunday had no connection with the murder of the soldier and came hours after Drummer Rigby's family visited the scene.

Drinks factory escapes the axe

EAST LONDON Britvic's plant in Beckton has escaped the axe in a cull of operations by the giants drinks maker.

The group is cutting ties with its home city of Chelmsford, where it was founded, and plants in Huddersfield and Belfast saving £40million and costing hundreds of jobs.



The installation of the Antony Gormley statue in the river at Limehouse



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Fashion

Bag bargains at Wharf's spring event

ALTHOUGH the weather might disagree, we're about to enter the summer season which signals a new set of trends for fashion fans across the globe.

And here in Canary Wharf's malls, it will be discounts galore on Friday and Saturday – set against the musical backdrop of singer Tokio Myers – as Canary Wharf Group presents its Spring/Summer 2013 event.

A host of stores across Jubilee Place, Cabot Place and Canada Place Malls will be offering reductions from 10 per cent to 30 per cent, with others enticing shoppers with free treatments.

French Connection in Jubilee Place, for example, is offering 20 per cent off while Aquascutum, Crabtree and Evelyn and Myla are trimming 30 per cent from their price tags.

Fashion shows will run throughout the days.

Go to canarywharf.com for details.

Fashion / Pages 52-53

Britain is making garments that suit

BUSINESS

Tailors are taking on apprentices to prepare for a major expansion. **Beth Allcock** reports

Bursting at the seams with fabrics, pattern cutters and machinery, East End firm Harris and Zei has already established itself as the tailor of choice for big brands including Pepe Jeans and Alice Temperley.

But, spread across two floors of its Limehouse base, the family-run firm recently become caught up in a resurgent "Made in England buzz", providing a stepping stone to expand its business.

Managing director Nahid Harris, 22 said the rocketing profile of home-made garments within the fashion industry had strengthened the base of the 40-year-old firm over the past 12 months.

And he now has his sights set on creating high-quality bespoke and ready to wear collections for the "fashion conscious professional male" produced and sold by his company – with the help of a small army of local apprentices to aid his 40-strong workforce.

"There has always been a proud history of tailoring in England," said Nahid, whose days are spent designing and creating garments.

"Made in England holds its own value and now we can be more specific and say 'Made in London'.

"I think the label has got its own value and not just for the UK market – there's a huge market for the garments



Managing director Nahid Harris, 22, wants a colourful future sewn up

own collection and our own brand, which will be sold to the end user.

"We are striving towards an integrated business where everything happens in-house and we are not sourcing from another factory, or manufacturers we don't know.

"I feel this is very important for the economy – there's not enough being made in the UK."

While Harris and Zei's bespoke collection has been available for a couple of months, Nahid's main diary date is in the summer, when the vast ready-to-wear range – created from materials sourced from British and Italian fabric mills – is revealed.

And he said recruiting fresh local talent in the form of up to 10 apprentices through a Government-led scheme would be crucial to its success.

Budding tailors will become immersed in the industry, spending time in the cutting department learning made to measure skills as well as operating sewing machines, picking up finishing techniques and keeping an eye on quality control.

He said: "It's a great opportunity for young adults, especially those who can't afford to go to university or are finding it hard to get a job.

"It's a lot of work and there's a lot to do yet, but it's all coming together. I'm excited about it all."

Go to harrisandzei.com or call 020 7702 8487.

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Win HARRIS & ZEI BESPOKE £1,000 TWO-PIECE SUIT

HARRIS and Zei has teamed up with *The Wharf* to offer one lucky reader a free bespoke, two piece men's suit.

Currently on offer at £399 but with a value of more than £1,000, the garment will be fully bespoke, with Harris And Zei offering a choice from hundreds of high quality fabrics.

The garment will be fully canvassed and there's an opportunity to have your name or a personalised message embroidered within the jacket.

The firm is also offering as many fittings as necessary until the customer is 100 per cent satisfied.

To be in with a chance of winning, just answer this question.

What is the current offer price for Harris And Zei's bespoke suit range?

1. £399
2. £499
3. £599

To enter go to wharf.co.uk and click the competitions link. You will need this code: **HZ001**. The closing date is June 6.



Chloe Madeley and Danny Young, above left, and Kelly Brook, above



1 Liz McClarnon
Atomic Kitten popstar
She said: "It's fantastic, I've been watching the awards for years on Lorraine and it's good to support her at these fashion awards. When they comment about fashion, it's always very complimentary."
She shops: "I like New Look, Zara and Mango then, for high end, Reiss."
Her trends: "It's bright colours, I just love bright colours."
She wore: Top, New Look; Bottoms, Mango; Shoes, River Island.

2 Helen Flanagan
Former Corrie actress
She said: "It's great. I really like Lorraine and I have done quite a lot of TV things with her."
She shops: "I love high street fashion but I am more of a designer girl, but I'd like to be persuaded. On the high street I love Reiss, Whistles, Zara and LK Bennett."
Her trends: "I like everything girly and spring. I love Louis Vuitton, a look that the high streets have copied."

3 Anna Williamson
TV presenter
She said: "The High Street Fashion Awards are about accessibility for everyone and getting involved."
She shops: "Who doesn't like Topshop? And Urban Outfitters is always a good one."
Her trends: "The challenge of being on TV is getting something bright and colourful, so I'm really into colour popping. It's cold, we are in the middle of May and it can be very drab in this weather, so you need to dress to rebel against it. I'm all about wearing colour pieces."
She wore: Top, American Apparel; Jacket, Urban Outfitters; Shoes, Zara; Jeans, Topshop.



Michelle Collins

Cutting edge fashion right on our doorstep

AWARDS

Beth Allcock
@wharf.co.uk

Canary Wharf became a hotspot for fashion-forward celebrities as they joined TV presenter Lorraine Kelly in a celebration of the British High Street.

Fancy frocks, trendy playsuits and splashes of neon adorned the East Wintergarden last Wednesday for the filming of Lorraine's High Street Fashion Awards, broadcast on ITV the following day.

The glitzy ceremony saw six of Britain's retail heroes on the high street declared as winners after securing the highest number of votes from Lorraine viewers during the best week.

And two stores in Canary Wharf came out on top with River Island - which has a branch in Cabot Place Mall - scooping the title of Best Trendsetter, while French Connection - one of the must-visit shops in Jubilee Place - was declared Best Premium store.

Other outlets highlighted as the gems of the high street



Judges, from left, Look magazine editor Ali Hall, model Kelly Brook, presenter Lorraine Kelly and stylist Mark Heyes

included Debenhams as Best Department Store, Primark as Best Affordable, New Look for Best Shoes and Boohoo for Best Online store.

Actor and Dancing On Ice celebrity Danny Young said: "The awards are very important because, in this climate, I don't think everyone has got money to spend on designers."

Lorraine, who announced the winners alongside a panel including Kelly Brook, stylist Mark Heyes and Look magazine editor Ali Hall, said: "It has been great to showcase

the best of the British High Street over the past month and to recognise all those great brands that manage to keep us all up to date with the latest fashion trends at an affordable price."

Stylist Mark Heyes said: "The Lorraine High Street Fashion Awards have highlighted the brilliant brands we have on the British High Street."

"The everyday person really can get the latest designer catwalk looks from the great stores we have on our doorstep."

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The Duke drops anchor

Prince Philip marks 60 years as a patron of Cutty Sark. Words and pictures by **Kay Lockett**



The Duke of Edinburgh meets with veterans and community leaders as part of the 60th anniversary celebrations at the Cutty Sark



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The Duke of Edinburgh visited the Cutty Sark on Tuesday to mark 60 years since he co-founded the ship's preservation society and became patron.

He met some of the 300 guests invited from the Greenwich community including Air Cadets, Royal British Legion, Girl Guides, Army Cadets, and representatives from the Sikh, Chinese, Irish, and Islamic communities. Guests enjoyed afternoon tea to celebrate the day in 1953 that the ship was handed over to the Cutty Sark Preservation Society.

Lord Sterling, chairman of the Cutty Sark thanked the Duke of Edinburgh for his continued support of the Cutty Sark and the National Maritime Museum.

Cllr Chris Roberts, leader of Greenwich Council said: "Coming here today proves we can come together, integrate and unite as a community."



Above, from left, Remie Murphy-Hawkins, 14, Meggan Harris, 19, Tiegna Hawkins, 12 and Holly Harris, 18. Above right, Alex Jackaman, 17

"After the cowardly actions in Woolwich last week, it is so great to see so many people from the armed forces here. The Navy and Army forms the DNA of this borough."

Army Cadet Alex Jackaman, 17, said: "It has been a great experience. His Royal Highness looked at my hat and asked me what regiment I am from. I proudly told him 'London Scottish' and he smiled. I'm hoping to join the army after college and seeing the Cutty Sark like this is very inspiring."

Irish dancer Remie Murphy-Hawkins, 14, said: "It was amazing to meet the Duke - he told us our shoes were very noisy. My hands were so sweaty and I was nervous - we have been rehearsing what to say and our performance for weeks."

Free school 'dream' takes another vital step forward

EDUCATION

Beth Allcock
@wharf.co.uk

THE "long held dreams" of Silvertown teachers to open a secondary school in their community have been granted.

The Department for Education (DfE) has given the nod to an application by charity Oasis Community Learning, working in partnership with Britannia Village Primary School, to create the Oasis Academy Silvertown Free School for youngsters aged 11 to 16.

The facility - which has also received backing from social entrepreneur Lord Andrew Mawson - will open with an initial intake of 120 Year Seven pupils in September 2014, progressing to four forms of entry.

They will learn the National Curriculum alongside a programme

W What do you hope for the school?

"We hope that this school will play a vital role in the wider regeneration of the Royal Docks."

Steve Chalke

that will see partnerships with local businesses, arts organisations and community groups.

Silvertown residents - who backed the proposals from the outset - will also benefit from a newly-created Oasis Community Hub bringing together opportunities, activities and community services.

Oasis founder Steve Chalke said: "I am thrilled that Oasis has been given the opportunity to open a new secondary Free School academy in Silvertown. We hope that this school will play a vital role in the wider regeneration of the Royal Docks."

A location for the new school has yet to be finalised.

■ Last week, Education Secretary Michael Gove gave the green light to 102 new free schools to open from 2014.

One such proposal was for the East London Academy of Music (ELAM) in Tower Hamlets.

The school for 16 to 19-year-olds is the brainchild of Will Kennard - one half of production duo Chase and Status - who wants to offer students from deprived areas access to the music industry.

Ned brings along the chain gang

CULT cycling reporter Ned Boulting will be in Canary Wharf next Thursday (June 6) to sign copies of his book *On The Road Bike*.

His visit, to Jubilee Place at 12.30pm will coincide with the annual Tour Series which sees the roads around Canary Wharf converted into an elite cycle circuit. The races take place in the evening.

Go to canarywharf.com.

What's On

It's all about the
**money
money
money****EXHIBITION**

■ A new permanent exhibition at the Tower of London tells the tale of the tower's little-known role as the Royal Mint between 1279 and 1812. The exhibition focuses on five key episodes in the Mint's life, as explained to GILES BROADBENT



Dr Megan Gooch,
curator of Coins
And Kings: The
Royal Mint at the
Tower of London

RICHARD LEA-HAIR

1 Edward I and the arrival of the Mint at the Tower

Edward I moved the Mint to the tower in 1379 under his watchful gaze after the currency fell into disrepute and coin clipping – cutting pennies for the silver content – became rife. He set about finding scapegoats including his mint masters – and the entire Jewish population.

2 Elizabeth I and the painful reclamation of integrity

Henry VIII had debased his currency, taking silver out of the coins to fund his wars. The impact on the economy was devastating as all trust was lost in the currency. In the 1560s, Elizabeth took the painful step of recoinage – bringing in all the debased money, melting it down and remaking it.

3 Charles II and the restoration of monarchy

The introduction of milling – machine struck coinage – from the 1660s saw the arrival of the screw-press. At the same time, the restored monarchy in the shape of Charles II rejected the commonwealth, including coinage, some of which was made from the melted down Crown Jewels in 1649.



Elizabeth I
halfpound
(reverse)

ROYAL MINT

4 Isaac Newton and the counterfeit challenge

Isaac Newton was at the mint from 1696 until 1727. He was given this job as a sinecure but he took it seriously. His most famous accomplishment was to catch and punish notorious counterfeiter William Challoner. But he also brought a revelatory scientific approach to efficiency of production.

5 George III and the use of other countries' coinage

In the 18th century, a shortage of silver coins meant other countries' currencies were commandeered. To make coins appear legitimate, the mint stamped the head of George III into the coins. Meanwhile the arrival of steam mechanisation saw the mint move to nearby Tower Hill in 1810.

the **Wharf**
TRAVEL CLUB

The charms of
Caribbean island
of St Lucia **P56**

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News

We want to keep land away from developers

PLANNING

Beth.Allcock
@wharf.co.uk

A patch of land in Greenwich has become a battleground for campaigners and developers, who have different views on how to transform the space.

Proposals have been submitted to the borough council to develop land in Creek Road and Bardsley Lane into a housing and commercial scheme, with improvements to the Up The Creek Comedy Club and Lord Hood pub.

Greenwich-based agents BPTW partnership, acting for the applicant Family Mosaic, say the 83-home scheme – spread across four blocks rising to five storeys – will turn the area from “an under-loved forgotten street into a vibrant space”.

Jeffrey Ruffels, senior land manager at Family Mosaic, said: “The scheme will improve that whole area. We have a number of retail units already marketed and there’s a lot of interest.”

“It’s very likely to contain a super-market, restaurant, a fitness centre



Edward Hill wants to transform the land into a “village green”

and possibly a bank, but it’s early days yet.”

It is the largest plot of land included in the scheme – between the Lord Hood pub and the Greenwich Book Place and Gallery – which has prompted campaigners to harness support for an alternative village green scheme.

Made In Greenwich gallery owner Edward Hill declared the space a “community asset” and said he was concerned about the scale of the proposed housing.

He said: “It’s a very big development. It is going to have a tremendous impact for anyone arriving from the west.



JAMES PERRIN

“We are saying this is a community space and we have got ideas about what we would like to happen.

“We don’t want to leave it to the council and developers.

“Most people want to keep the green space”

“On the basis of residents’ views so far, most people want to keep the green space.”

Edward’s group is suggesting the space be transformed into a traditional village green, with a duck pond and maypole with space created for a youth club, outdoor cinema and skateboard ramps.

He said the units on Bardsley Lane would be ideal for workshops.

“If the community supports the village green, we can start to apply more pressure,” he said.

There are already plans approved for 106 housing units on the land.

Mr Ruffels said: “We held a public consultation and generally, we have had good feedback.

“There has been some concern about the scale but, given it’s already got consent, in a way, that argument has been had.”

■ Campaigners will be hosting a public event on the land at lunchtime, on June 2.

Revving up for a feast of power boat pleasures

WHAT’S ON

RACEBOAT fans are in for a treat, as a feast of fast vessels taking part in The Venture Cup will be at Wood Wharf next Thursday and Friday (June 6-7).

There will a chance to see and ride power boats in the water, talk to racers and crew and learn about the race scene.

The Fanzone will feature an event marquee with full bars, external catering units serving gourmet fish and chips, baguette and deli, Goodwood Organics, luxury hand-made ice cream, plus music and entertainment.

All elements are free to the public and the Fanzone is open from noon to 11pm both days.

The raceboats will then leave the site early on Saturday morning for The Venture Cup Prologue race start at 9am under Tower Bridge, leading to a Hot Start at Southend-On-Sea later that morning.

The main race in 2014 will be over 2,500 miles of demanding ocean, where crews will travel through tough conditions as they make their way from London to Monte-Carlo over two weeks.

Kay Lockett

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AND HIS BAND

RAY DAVIES

ELVIS COSTELLO

AND THE IMPOSTERS

GABRIELLE APLIN

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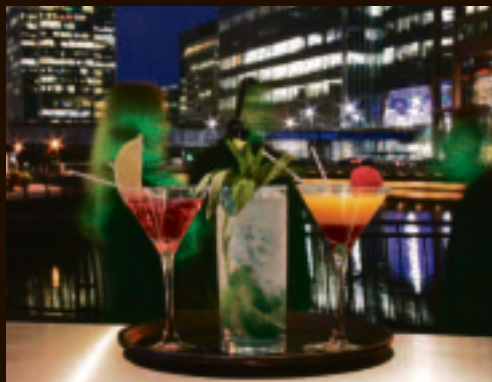
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Digest

The Week In Brief

May 23-30 • Round-up of other news from the last 7 days



Photo story

Living with a rare form of muscular dystrophy hasn't deterred Aniko Kazinczy, 42, from taking on a gruelling 10km swimming challenge to raise awareness of her condition. Having begun her challenge in February, Aniko, who lives in Greenwich, is swimming 500m every week until reaching 10km in July and is hoping to raise vital funds for the Muscular Dystrophy Campaign's Action on FSH appeal. FSH muscular dystrophy affects around 1,300 people in the UK, and causes muscles to weaken and waste over time leading to increasing disability. If you would like to support Aniko with her fundraising go to her Virgin Money Giving page.

Teenager charged after woman's body is found

TOWER HAMLETS A teenager has been charged after an 88-year-old woman was found dead on Friday in her sheltered accommodation.

The body of the woman was found by staff at Sonali Gardens care home in Shadwell.

The 17-year-old from Romford appeared at Stratford Magistrates Court on Tuesday after he was arrested at an east London address hours after the body was found.

A 23-year-old man, who was arrested near Sonali Gardens, has been bailed to return to a police station at a later date.

Training academy aims to put people to work

TOWER HAMLETS Employment opportunities for young people in Tower Hamlets have been given a boost, thanks to an "Avanta Academy", a welfare to work and training provider.

The company aims to help employers identify which of their labour needs could be met by local people and then creates bespoke training packages.

Poplar and Limehouse MP Jim Fitzpatrick, has endorsed the initiative. At the launch he said: "Nothing is more important than getting people into work."

Councillor 'can't wait' for her year as mayor

GREENWICH The Painted Hall was the backdrop for Cllr Angela Cornforth as she was officially installed as mayor.

Speaking at the ceremony, the Plumstead representative said: "There is always something exciting taking place in the Royal Borough and I can't wait to get involved and meet residents as well as the many visitors that come to Royal Greenwich."

The newly-installed mayor announced Barnardo's and The Prince's Trust as her official charities.



Cllr Angela Cornforth takes over as mayor of Greenwich from Cllr David Grant, left

Plans for super-mosque rejected after legal fight

NEWHAM Plans to build a mosque near West Ham that would be four times the size of St Paul's Cathedral have been defeated by the High Court.

Newham Borough Council argued that the Anjuman-E-Islahul-Mislimeen Trust, which is behind the scheme, had a track record of contravening planning controls on a site it owns near the Abbey Mills Pumping Station.

As well as rejecting permission for the development, the council has now won an injunction forcing the trust to stop using the Riverine Centre as a place of worship.

Landlord fined after he left tenants high and dry

WOOLWICH A landlord has been fined £9,000 after leaving his tenants without water, electricity or washing facilities.

Rajanikant Mehendra Patel was found guilty in his absence at Bexley Magistrates Court of nine offences that breached housing management regulations.

Tenants called environmental health officers after he undertook work which made it impossible for them to live there.

Magistrates fined Patel £1,000 for each offence together with a victim surcharge of £120, and awarded £890 costs.

You lose – and don't come back

COUNCIL

Giles Broadbent
@wharf.co.uk

Activists who went to the High Court to get Newham councillors to re-pay millions for the doomed Pleasure Gardens scheme have failed – and were told not bring any further legal challenges without the permission of a judge.

The east London-based Communities United Party has been hit with

a rare civil restraint order and told to curb its litigation, which has seen nine “truly hopeless claims” since 2011.

The latest bid, lodged today saw party leader, solicitor Kamran Malik, seek court orders requiring councillors to give up six months' salary or resign over the bungled Pleasure Gardens project at Silvertown. The council had lent the backers £33million to establish the urban arts and music venue beside the Royal Docks before the Olympics. But the project collapsed after a series of poorly-managed events left ticket-holders furious.

Pleasure Gardens supporters imagined they would profit from people milling around the Excel Olympic venue but efficient transportation deprived the grounds of traffic.

Nearly a year on, the installations – including a mock One Canada Square and a number of large marquees – are still in place on the site.

Former mayoral candidate Malik said the loan was “inept” and applied for a judicial review against 22 councillors and officials.

But Mr Justice Collins, sitting in London, said the party “comes running

to this court every time Newham makes a decision it does not like” which constituted a “real nuisance”.

The judge also ordered the party to pay Newham more than £2,000 in legal costs. The council, which did not seek the order, says it has spent more than £6,000 defending claims.

A council spokesman said: “We are pleased that the High Court has recognised the nuisance caused by these flawed and failed legal challenges.

“They have used up considerable council resources, which would have been more usefully spent.”



The London Pleasure Gardens neighbouring the Royal Docks



Organisers are expecting up to 450,000 people to visit the London Motorexpo at Canary Wharf from June 10-16. The free event will host a number of significant debuts – including the acclaimed Jaguar F-Type, pictured, and Range Rover Sport. Also on show will be Aston Martin, Bentley, Ferrari, Lamborghini, Lotus, McLaren, Maserati and Porsche Bentley Flying Spur • The Road / Page 59

Full
preview
next
week

Men jailed for life over killing in debt dispute

COURT

TWO Greenwich men who used “calculated, deadly violence” to shoot a 23-year-old dead in the street have been jailed for life.

Robert Bleach, 46, of Halstow Road, and David Pinto, 33, of Tyler Street were both sentenced to life in prison, serving a minimum of 31 years, after they were convicted of the murder of Genson Courtney – the stepson of gangland celebrity Dave Courtney.

The pair were found guilty of murder at the Old Bailey.

The court heard how the victim threatened his uncle, Pinto, over £1,000 he believed was owed to him.

On July 3, 2011, Pinto and Bleach lay in wait for Courtney as he left his girlfriend's flat in Banning Street Greenwich and shot him once in the head as he left.

Det Chief Insp Kenny McDonald said: “Genson Courtney had issues with members of his family including Pinto but there are many ways of resolving such issues.

“Violence is not one of them, but if it is used, those who chose this path will be pursued, arrested and put before the courts to face justice.”



Pinto, top and Bleach



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Notebook

Don't stop me now, because I'm having a good time

Master A has had a bike now for two years. Admittedly, he was a little young when he first unwrapped the gleaming Islabike on his third birthday but he's five-and-a-half now so there's no excuse not to jump on board and get pedalling.

His pals are progressing from scooters to bikes but for some unfathomable reason he's not bothered whether he rides or not. He's a boy. I thought that's what boys were supposed to do.

In an attempt to interest him in two-wheel travel I decided to invest

in my own bike at the weekend. Set an example.

I have not been on a bicycle proper for some 15 years, and I'm not a massive fan of cyclists, often turning the air blue when they get up close and personal when I'm in the car. So it was with some trepidation I ventured into a local cycle shop.

I stood gawping at the rows of different models, not having the first idea where to begin. Bikes have moved on since I owned my first one, a blue Raleigh Ranger, which proudly sported

WORKING MUM



TABITHA RONSON

red, white and blue plastic handlebar streamers. How wonderfully 70s.

The shop was teeming with people. Most of them cyclists, sporting the whole paraphernalia – unflattering Lycra, bumbags, mitts, helmet and those click-clack type shoes.

"I'm looking for a bike," I stammered when asked by the shop assistant. He raised his eyebrows Virgil Tracy-style, pointed to the displays and drawled out the word: "Okayyyy." A couple of the other shoppers smirked.

"Do you know what colour you want?"

He was now playing to his audience. And I really don't care for sarcasm. I decided to get my own back and have some fun.

Two hours later, with nigh on every ladies bike out of its bracket and ridden around the shop on, umpteen questions raised and answered, baskets and bells attached and reattached and displays in complete disarray, I came to my decision. "I'll think about it."

Working Mum, now the proud owner of a white Ridgeback Comet after I went to a different shop armed with a thorough knowledge of what was required.

POLITICAL VIEWPOINT

By Jim Fitzpatrick

Why aren't we enthusing the voters?

It should be a perfect storm for Labour. Tory divisions wide open on Europe and Equal Marriage. Tories under fire from UKIP at the local elections. Nick Clegg vetoes new Security Bill. So why aren't we further ahead in the polls?

This is the question being asked around Westminster. We've seen three years of the economy flat-lining and austerity biting deep into our public services. Cuts to police and fire budgets and criticism of NHS services show the Government in significant difficulty.

For Labour to be polling under 40 per cent (some polls last week said 35 per cent), and the lead over the Conservatives as low as three per cent, is very confusing.



We have evolved a strong foundation with a five-point plan

Clearly we have not convinced people we have a clear strategy to revive the economy, when in fact we have evolved a strong foundation in our five-point plan – a £2billion tax on bank bonuses to fund a jobs guarantee, bring forward long-term investment projects, reversing the Government's damaging VAT rise, a one-year cut in VAT to five per cent on home improvements and a one-year national insurance tax break.

This should represent a launch pad from which we can enthuse the British public – or, at least, provoke an encouraging nod in our direction.

People can be led to believe it's not possible to tackle the problems we face with anything other than austerity, so it's going to take a real improvement in the quality and quantity of our message.

We've got less than two years to do it.



MP for Poplar and Limehouse

Wharfinger The long view



2002 Prince Harry greets kitchen staff at the Osmani school in Whitechapel as he prepares to turn 18

1996 One Canada Square stands alone as the Canary Wharf estate begins to take shape in London's Docklands

THIS WEEK IN... 1980

The jury in the inquest into the death of east London teacher Blair Peach returned a verdict of misadventure. It was strongly suspected that Peach had been hit by a police radio on an anti-fascist demonstration. Met Police reached an out-of-court settlement in 2010.



Snapshot

Trends, stats & surveys



Savers in rural areas have £1,375 more put away than people in cities, says Halifax. Here are the urban areas with the lowest average balances as a proportion of earnings, with the balance as a percentage of earnings and the average balance:

=1. Islington	13%	£6,872
=1. Hackney	13%	£4,298
=3. Tower Hamlets	15%	£6,222
=3. Westminster	15%	£10,601
=5. H'smith & Ful	16%	£7,379
=5. Southwark	16%	£5,654
=5. Lewisham	16%	£5,175
8. Lambeth	17%	£5,858
=9. Greenwich	19%	£6,250
=9. Newham	19%	£4,481

Britain has moved up 4 places since 2012 to become the No.3 most positively viewed country – behind Germany and Canada



Most popular sandwich fillings

1. Bacon, lettuce and tomato
2. Prawn Mayonnaise
3. Chicken & Bacon
4. Cheese & Pickle
5. Chicken Salad

Does social media spell the end of the holiday fling?

32%

Of 18-35-year-olds say that things they have found out about their holiday love online meant they dumped them

Sources: Halifax; BBC World Service; British Sandwich Association; Latedeals.co.uk

High Five Gadget chargers

Solving the curse of the modern age – watching the percentage fade to nothing when you're far from home



Juice Chargers, £14.99 Colourful and ready to charge pretty much any device



Pebble Smartstick Charger, £18.99 With five different adaptor tips for all top gadgets



Solarpod Pro, £1,400 This uses solar panels to back up the internal battery. Amazing



ChargeGenie Universal MicroUSB, £24.99 Compact device for your phone



Duracell 3 Hour USB, £29.99 Convenient source of emergency back-up power

A tragic week in May

How the death of Lee Rigby evolved into a major terrorist investigation. By **Giles Broadbent**

WED 22 MAY Reports come in of an attack at about 2.30pm in which a man, possibly a soldier was brutally murdered near Woolwich Barracks. Armed police then shot the two alleged attackers. By the early evening Cobra was convened to assess the level of terrorist threat.

THU 23 MAY Shocking footage emerges of a blood-stained man trying to justify his actions. He is locally named as Michael Adebolajo while the victim is named as Drummer Lee Rigby. A flat is raided in Greenwich. Community leaders appeal for calm.

FRI 24 MAY Police search six addresses in south, east and north London and one in Lincolnshire. Charity Help For Heroes is "overwhelmed" with support. Religious leaders make a joint statement denouncing the attack. Lee Rigby's family tell of their grief.

SAT 25 MAY The second suspect is identified as Michael Oluwatobi Adebowale from Greenwich. Both are in a stable condition. Three more people are arrested in south London. MI5 admit they were aware of the two suspects. Flowers are left at the scene of the crime.

SUN 26 MAY Michael Adebolajo was arrested in Kenya in 2010 over links with a militant group, says the Foreign Office. Lee Rigby's family visit the murder scene. Inmates take an officer hostage demanding the release of the Muslim who tried to kill Newham MP Stephen Timms.

MON 27 MAY A 10th person, a 50-year-old from Welling, has been arrested on suspicion of conspiracy to murder. Home secretary Theresa May says the government must do more to combat the "murderous narrative" of hate preachers. EDL protest in Whitehall.



Above, Lyn Rigby, the mother of Lee Rigby, and his stepfather Ian, second left, look at floral tributes

500

Officers working on the case, according to Theresa May

40%

Say a clash between British Muslims and white Britons, according to a Guardian poll

TUE 28 MAY

Suspect Michael Adebowale is discharged from hospital but remains in custody. The second suspect remains in hospital and his family express their "horror" at the "senseless killing". Of the seven arrested, five have been bailed, two released without charge.

WED 29 MAY

The political fall-out from the terror attack begins to dominate. Tories talk of introducing a "snooper's charter" to help with surveillance but Coalition partners threaten to scupper the move. Prisons are put on alert for copycat attacks by jailed extremists.

TWITTER TALK

What was said



■ Police seal off Woolwich street amid unconfirmed reports of "beheading". Shots heard. One person dead. @the_wharf

■ Horrified and disturbed by the news tonight in Woolwich. Thoughts to the victims loved ones. We stand united. The murderers speak for no-one. @DavidLammy

■ Ordinary women respond to Woolwich killing by shielding body from attackers. EDL respond by waiting few hours then throwing bricks at police @DarrenJohnsonAM

■ Police still checking a property in Eastney Street in connection with yesterday's incident @Greenwichcouk

■ Govt says "we won't buckle to terrorists but"...you've got to give up your civil liberties or they'll get you @paul_noonan41

■ Every1 has to know that the stabbing in Woolwich would not be on the news if there hadn't been a murder here. Gang rivalry is big here @Biebermum

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What's on

Diary Dates

Stage
Kim captures a fading celebrity



★ Kim Cattrall stars alongside Seth Numrich in Tennessee Williams' powerful *Sweet Bird of Youth* at the Old Vic.

Fading Hollywood legend Alexandra Del Lago (Cattrall) flees the disastrous premiere of her comeback film and seeks refuge with Chance Wayne (Numrich), an idealistic gigolo.

But their relationship quickly unravels in Williams' portrait of the destruction of dreams.

From June 1, oldvictheatre.com.

Stage
Sorrow caught in choir's lament

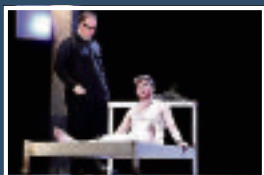
★ Sister Margaret's hardline leadership has her congregation in revolt. Their resentment escalates with the return of her sinning family.

Accompanied by the rousing sounds of a gospel choir, the community's struggle is given full voice in James Baldwin's 1965 *The Amen Corner* at the Olivier, starring Marianna Jean-Baptiste.

From June 1, nationaltheatre.org.uk.



Stage
Winston's quest to find the truth



★ For one night only, Greenwich-based production company Sell A Door turn the clocks back to 1984.

George Orwell's seminal novel of a dystopian future has given popular culture both Big Brother and Room 101 but the company return to the essential roots of the story to tell the quest of Winston Smith to find the truth.

June 2, greenwichtheatre.org.uk.

This is the big time, of course I will be nervous

INTERVIEW

Moya has quietly been acquiring fans – now she's on stage ahead of a mega-star

Kay Lockett
@wharf.co.uk

I caught Moya, aka Emily Andrews, in a jet-lagged sleepy haze as she stepped off a plane from LA where she had been busy writing new material.

The 22-year-old pop soul singer-songwriter told me that she was having to pinch herself daily after landing a career-changing gig to support "living legend" Rod Stewart at The O2 arena next week.

Moya is no stranger to working with a leading light of the music scene, having just finished touring with Simply Red's Mick Hucknall, but it still came as an emotional surprise to land her biggest gig to date.

She said: "I cried hysterically when I found out. I was away and noticed

I had a missed call from my booking agent at 1am – and wondered what the hell was wrong.

"I then opened an email that just said 'we've bagged Rod Stewart'. I cried and cried with excitement and nerves – this is such a huge opportunity."

The Dorset born singer's career is beginning to reach new highs and she delights in the fact she has gone from being a fan in the crowd at a Beyonce concert at The O2 a few weeks ago, to next week taking centre stage herself.

She said: "I try to put it at the back of my mind. This is the biggest venue I've ever performed at and, of course, I will be nervous."

"It's a good thing though – there is something wrong with you if you don't get nervous at the prospect of performing in front of so many people."

"My trick is to focus on the front two rows, find someone who looks like they are enjoying my music and focus on their smiling face."

Moya hopes to emulate the years of success of the artists she has been supporting.

She said: "Mick is such a lovely guy, so down to earth and I learnt a lot from touring with him."

"Both him and Rod – behind the



Moya, aka Emily Andrews has landed herself a prime platform for her songs



Musician Rod Stewart celebrates his No.1 album with champagne during a toast on the set designed for his upcoming gig at The O2

Snapshot of two countries and two men

STAGE Chimera

Almeida Theatre

This is how plays should be. The politics and the personal. The big themes and the little lives. Geopolitics and KFC.

Playwright Lucy Kirkwood magnificently wrangles the economic struggle of the two superpowers and creates a mesmerising kaleidoscope of cultural confusion.

The story starts with a single image – a man defies the tanks in Tiananmen Square in 1989.

In this fiction, the photograph was taken by US photo-journalist Joe Schofield (a compelling



Stephen Campbell Moore plays photo-journalist Joe Schofield

Stephen Campbell Moore) who is haunted by its potency.

When he returns to a transformed Beijing, in 2012, midlife crisis is upon him as is the realisation that nothing he has ever done matches those 30 seconds in Tank Man's life.

It begins a destructive quest to track down the iconic figure

and make some sense of his own fractured existence (his "difficult second album", according to pal Mel).

Meanwhile, in smoggy Beijing, Zhang Lin (Benedict Wong – brilliant) is haunted by that same day and his festering sadness turns to anger and then action.

Encapsulating the New York brownstones, strip joints, pap lines and smoggy high-rises this is necessarily cinematic in scope and attack.

All this is aided by Lyndsey Turner's dynamic direction and the use of a vast, rotating Rubik's Cube of a set that introduces flashbacks, cut-aways and vignettes as well as hosting the main action.

The political never forgets the personal and the fractious

relationship between driven Schofield and self-possessed consumer researcher Tessa (a scene-stealing Tessa Kendrick) grounds the sprawling, flinty drama.

The play ends with a much-telegraphed twist but, by then, the urgency of the cast to tell this important story has enlightened and invigorated to such a degree that the climax becomes necessary rather than irksome.

Giles Broadbent
Until July 6, almeida.co.uk.

Our verdict

A rousing and accomplished snapshot of the story of our times

★★★★★



commercial stuff – have real soul in their voices.”

And its soul music that inspired a young Emily to take up singing and writing. She was inspired by the likes of Stevie Wonder and Nina Simone, growing up listening to her mum's records across jazz, disco and soul, which she believes has shaped the way she sings.

“I take inspiration from everyday life for songwriting. I love writing and I write a lot, from blogging to keeping a journal – I use this to help create my work”, she said.

Her debut album *Lost and Found* was released last year, while her single *A Little More Love* has racked up over 500,000 views on YouTube and was added to the A-list on Radio 2. She hopes to also reach a younger audience with aspirations to work with one of her current music heroines Emile Sande.

She said: “I am also not counting my chickens. My recent success still feels like a dream – why would people pay their hard earned money to listen to me? I still find it all a bit surreal.”

This humble soul songstress has nothing to worry about, already having famous fans like Fern Cotton and Perez Hilton singing her praises.

By the end of our conversation she has woken up and realises this is all definitely not a dream: “Oh God, The O2 is this week. I have to do a gig with Rod Stuart. Crazy.”

Moya will be warming up for Rod Stewart on June 4, 6. Tickets from £60. Go to theo2.co.uk.

MUSIC



London With The Lights On
Stooshe
★★★★☆

This long-awaited debut from the London trio kicks off with the big-sounding current single *Slip*.

What follows is a mix of party atmosphere with a touch of soulful melodrama, with *My Man* Music begging for a dance routine while *Turning Me On* is pure sunshine.

There's no doubt these girls can sing and this debut is hook-laden with plenty of sass and fun from the feisty girl group.
Lisa Allen

DVD



Gangster Squad
(15) 108mins
★★★★☆

Gangster Squad is a stylish crime thriller, which conjures memories of *The Untouchables* with its tug of war between men who live by a badge and hoodlums who operate with their own sense of morality.

Disappointingly, Ruben Fleischer's film lacks the finely detailed characters and tension of Brian De Palma's drama.

The film ultimately trades style over substance but Fleischer's dramatisation of bullet-riddled history has its pleasures.

Damon Smith

BOOK



Big Brother
Lionel Shriver (HarperCollins)
★★★★☆

Horried to discover her brother is addicted to junk food and has piled on hundreds of pounds in weight, Pandora attempts to help.

The subsequent tale is all the more poignant, given that the author's real older brother Greg died of complications arising from obesity.

As she proved in *We Need To Talk About Kevin*, Shriver is fearless when it comes to tackling squeamish subjects.
Gill Oliver

There will be blood and a feast to devour

SCREEN

Byzantium
(15) 118mins

Almost 20 years after he kickstarted the cinematic vampire craze with *Interview With The Vampire*, British director Neil Jordan plants a stake back in the genre with *Byzantium*, an intelligent and moody thriller adapted by Moira Buffini from her own stage play, which largely avoids the campy conventions we have come to expect from the creatures of the night.

Luminous young actress Saoirse Ronan holds our attention with her tortured and mournful glances that conjure memories of Tomas Alfredson's coming-of-age story *Let The Right One In*.

SCREEN

The Big Wedding
(15) 89mins



Justin Zackham's lacklustre English-language remake of the French wedding day farce is laden with Oscar talent with impeccable comedic credentials including Diane Keaton, Robert De Niro, Katherine Heigl and Robin Williams.

It's an embarrassment of acting riches. It's also an embarrassment of a film with a poor script and few belly laughs.

★★★★☆



Gemma Arterton plays single mum, and vampire, Clara Webb

Ballsy single mother Clara Webb (Gemma Arterton) arrives in a rundown seaside resort with her daughter Eleanor (Saoirse Ronan) in tow.

In order to make ends meet, Clara sells her body to residents and holidaymakers, earning just enough to keep the pair off the streets.

Every now and then, she sinks her teeth into an unsuspecting punter and we discover, in flashback, that Clara is a vampire who was much abused in the 19th century by a libidinous captain

SCREEN

The Purge
(15) 85mins



The Purge suggests that for one night every year, citizens can take up knives and guns to kill anyone they choose without legal reprisals.

The script begins to run out of steam when a pivotal character is unexpectedly sidelined but it's a neat idea done well and there's a deliciously nasty sting in the tail, just when it seems the film is poised to draw breath.

★★★★☆

(Jonny Lee Miller) and has wrought revenge on mankind ever since.

Eleanor is her equally blood-thirsty ward, who refuses to abide by the ancient code.

The vampires hit the jackpot when they meet a lonely misfit (Daniel Mays) who lives in the decrepit Byzantium guest house where they can plan operations.

So while the older bloodsucker recruits girls from the streets, Eleanor drifts around the resort, catching the eye of a young waiter, Frank (Caleb Landry Jones), who is waging a long, protracted battle with leukaemia.

Byzantium is a slow burn, with occasional explosions of graphic violence when Clara or Eleanor sate their bloodlust.

The fractured chronology hampers dramatic momentum but Jordan navigates a clear path between past and present, drawing us into his heroines' unusual predicament.

Ronan is spellbinding – acting mostly with her eyes – while Arterton takes the flashier, brassier role as vengeful protector.

Pace quickens in the blazing final act as fates collide on the coast and everything – except for two centuries of sin – is washed away.

Damon Smith

Our verdict

Jordan adds a slow-burn sizzler to the vampire canon

★★★★☆

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**WIN
dinner
and a
movie**

Page 61

Health

3 things to make you feel great

1 Hula Hoop Dancing

Round up your friends and make a date in Wapping every Thursday for this light-hearted fitness class.

Suitable for beginners, the 55-minute sessions are run by Jill Everett at Shadwell Basin Outdoor Activity Centre.

And, if you're already booked up on Thursdays, why not opt for a private class for you and your friends?

Call Jill on 07771 966 903 or go to jilleverettyoga.co.uk for details.

2 Book a massage

Try the Ultimate Aromatherapy Associates Body Massage at Re:Spa in Reebok Sports Club. Choose from a trio of 25-minute, 50-minute or 80-minute sessions of indulgence involving essential oils to leave you relaxed and recharged.

Re:Spa therapists use Swedish and neuromuscular techniques to relieve muscle tension. A 25-minute session costs £42. Go to reebokclub.co.uk.

3 Do yoga for charity

Take your place in a fun and uplifting sun salutation session with yoga fans from across the globe.

The Yogathon at Om Tribe Yoga Studio in Cannon Workshops, in aid of The Azahar Foundation, takes place on June 22 to mark a worldwide practise of 108 differing interpretations and styles of the sun salutation posture.

The figure has important, historical significance in yoga



Om Tribe's Cynthia Micallef salutes the sun at the group's Canary Wharf studio

as it is the number associated with existence, as well as the measurement of the distance of the sun and moon from the Earth.

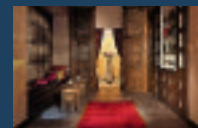
Om Tribe teachers will lead the 90-minute event in West India Quay, starting at 2.30pm, and participants are asked to donate a minimum of £10 to fund access to yoga for at-risk youngsters in Cambodia.

Go to omtribeyoga.com.

Meditation can help soothe your mind and release physical and mental stress



WIN Win a Lemon Detox Spa Day worth £280 at The Spa In Dolphin Square



The Wharf has teamed up with The Lemon Detox and The Spa In Dolphin Square SW1 to offer readers the chance to win a Lemon Detox Spa Day worth £280.

The Lemon Detox – the UK's leading internal cleansing programme – is available as a one-to-three-day fasting retreat at the multi-award winning Spa In Dolphin Square.

It's an ideal way to kick-start your detox programme under professional guidance. According to recent studies, fasting intermittently is great for health and helps cut the risk of cancer and heart disease.

Renowned as much for its A-list following (Mick Jagger, Beyonce and Anna Friel), as for its far-reaching results, the Lemon Detox helps flush out accumulated toxins while shedding unwanted pounds, increasing energy levels, reducing stress, improving skin and boosting general health.

Based on Madal Bal Tree Syrup, fresh lemons, cayenne pepper and water, The Lemon Detox formula provides the body with essential nutrients while warding off hunger.

The Lemon Detox Retreat is ideal for those wishing to detox away from it all in a discreet, luxurious

environment. Guests fast during their experience and are pampered by specialist therapists, spa facilities and treatments.

On leaving, they can continue their detox at home either as a fast or by following a more relaxed programme with food.

The ultimate urban hideaway, The Spa In Dolphin Square is inspired by the essence of Morocco – a fusion of ancient therapies and contemporary spa philosophies centred around four core principles – cleansing and purifying, relaxation and balance, wellness and integrated health alongside prescriptive maintenance and repair.

With facilities that aid detoxification, including a Hammam, Rhassoul and Salt Infused Steam Room, the spa is the perfect option for those wishing to kick-start their detox in style without leaving the city.

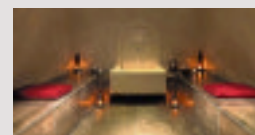
Your retreat will include a consultation on arrival and departure with a therapist, a Rhassoul ritual, a full body massage, a facial and unlimited Lemon Detox formula. See the panel on the right for entry details.

Go to lemondetox.com or dolphinsquare.co.uk/spa for more information about the detox.



Above and insets right, The Spa in Dolphin Square where Lemon Detox programmes are available

HOW TO ENTER



★ For a chance to win just answer this simple question: **What kind of massage is included in the prize?**

Send entries, together with name, address and contact details to competition@dolphinsquare.co.uk with **Wharf Competition** in the subject line.

Terms and conditions:

Booking date is subject to availability. Prize is non-transferable and must be booked in advance between Sunday and Thursday. Prize must be used by September 2013. Certain black out dates apply (Christmas, New Year and Bank Holidays). Entrants agree to their data being used by a third party.

Closing date: June 6

the **Wharf**

Take 15 minutes out to meditate and feel better

Beth Allcock finds out how an ancient Indian tradition could help combat modern stresses

Maura McCann is a practitioner of transcendental meditation alongside her husband, Alex Phillips, at a studio in Birchfield Street, Westferry. Here she explains the practice and how it can make you feel good.

■ **What is transcendental meditation?**
It's a mental therapy. It's really become famous for its ability to produce relaxing effects in the mind and body, and a lot of people like it for that reason.

It brings a whole range of benefits – mental, physical, psychological and spiritual, so it's very broad, and it works by giving the nervous system the platform to release a lot of stress very quickly. It's not religious, but it does come from an old tradition of knowledge from India.

■ **What happens in your classes?**
We teach the technique of transcendental meditation.

It's ingenious and very different in its methods to other meditation and mental exercises – it doesn't involve concentration or effort.

The sessions need to be calculated to the individual on a one-to-one basis.

There is an introduction, four consecutive sessions and a follow-up, tailored to the customer.

But it's really like a lifelong membership – you're buying into a specific technique that you will always have at your disposal.

W Where does TM fit into everyday life?

"Once you have the technique you can do it anywhere. Most people would do it at home or you can do it in the office."

Maura McCann
TM practitioner

■ **What are the benefits?**

It really does help with stress – it's a great way for releasing both physical and mental stresses on a daily basis.

It clears the mind naturally, and you go back to what you were doing after the 15 minutes with greater energy.

■ **Where does it fit into daily life?**

We recommend sitting every day for a little while, but life is very busy and many people are time poor.

By sitting for 15-20 minutes and taking a bit of time out, you really do get paid for that time you spend out of your busy day.

It stills and clears the mind and helps people be more creative.

You get an understanding that there is an active side of your life and there's a whole other part inside.

You become more settled and stable when you connect with that. You can practise your meditation and make a habit of it but you don't have to do it at the same time every day, just for 15



Sessions in Westferry are run by Maura and her husband Alex Phillips

minutes twice a day. Once you have the technique you can do it anywhere. Most people would do it at home but it can be done in the office.

■ **Who is it beneficial for?**

We get a huge range of different people. People in Canary Wharf have a certain lifestyle and work ethos just because they are in the City and it's a very demanding world.

Most of our people are from the City and we do presentations to companies

as well. But it suits everybody – this is just as helpful for a mum in the house as well as for people with the kind of pressure you get in the City who lack time for leisurely walks.

Prices for an introduction, four sessions and a follow-up vary depending on income. Go to t-m.org.uk, call 020 7537 4600 or email aspPhillips@yahoo.com for more information.

Shaking the fun back in

REVIEW

Belly Dance Fit Class

Reebok Sports Club

Shimmering sparkles and splashes of colour are as unusual on the gym floor as a smile on my face after a full-body workout.

But all three were to be found in abundance when I tried out this hour-long class.

After being kitted out with a belly dance hip scarf – complete with golden coins – we learnt the basic steps. Plenty of booty shaking and tummy pulling ensued before we moved onto mat exercises.

The fitness objective is to focus on your core and pull your belly button in throughout.

The feel-good atmosphere meant failure to grasp a move first time didn't matter and we all picked everything up after a couple of tries.

Fitness-wise, it was fantastic, – I could certainly feel my abs and thighs being worked. It really put the fun into my gym schedule.

Beth Allcock

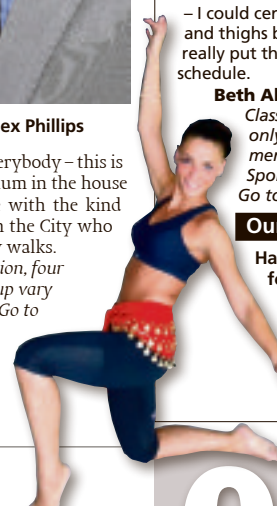
Classes are free but can only be accessed by members of Reebok Sports Club. Go to reebokclub.co.uk.

Our verdict

Have fun and get fit for the summer

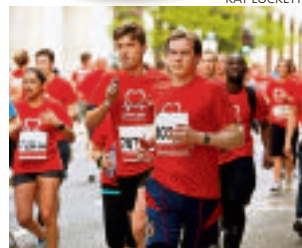
★★★★☆

Instructor Nadir Hergunerler takes the classes



TOP tips

KAY LOCKETT



■ **Sign up for a race:** Inspired by last week's Canary Wharf Jog, pictured? Why not put a race in your diary. Having such an event on the horizon can help breathe new life into a tired, old exercise routine.



FITNESS WITH LAURA WILLIAMS

Get the look: Matt Damon

Matt's getting right back in the exercise saddle to make sure he stays looking his best for any upcoming roles.

How he does it: Matt Damon's one of the many celebs who favours the tougher stuff, including running sprints. He said: "Try to find something you can improve at, because that will keep you doing it and will also make it fun."

Do it for yourself: Whether you're talking about full-on tough with the popular H.I.I.T training or just including tougher bursts while out on your Sunday run, both will make a huge difference to fitness levels.

Your body needs this kind of higher intensity training to make the adaptations that will leave you feeling really fit. The plus side is

that it also has a knock-on effect to metabolic rate so you'll be a little more efficient at burning off those business lunches too.

The following session formed part of Matt Damon's weekly sprint drill when training for 2009's rugby drama *Invictus* – warm-up by jogging slowly for one mile, stretch, rest for a few minutes.

Run a total of four miles dividing each mile into sections with the first 100 yards at 25 percent maximum speed; 100 yards at 75 percent maximum speed, then 200 yards at 25 percent maximum speed.

This is a great workout that even beginners can tailor to their fitness level – you can do it anywhere and it shouldn't take longer than 40-45 minutes.



GETTY

Q&A

I've really got into the gym and am going most days but have been told I should still watch what I eat. Is this really necessary?

It is, I'm afraid. While exercise does burn a good number of calories, people tend to overestimate how many especially if you take the machine estimates as gospel.

While you'll get a small rise in metabolic rate from exercising correctly, the actual number of calories you burn during a session are easily wiped out by a post-workout muffin.

Try not to see exercise as a green light to eat more – keep your eating habits conservative.

Fashion



Model wears
The Wrap
by Emma
Nissim,
from £25

Working to make ethical accessible

Greenwich-based ethical fashion champion Emma Nissim tells us why she believes buying from her eco-friendly brand is worthwhile.

■ The importance of knowledge

We care that in the chain of production everyone and the environment are treated fairly. We choose our fabric and make our garments with companies that meet those standards. We design with minimum waste and up-cycle materials as much as possible.

■ **High quality craft**
Everything is carefully designed and made with love. Our products are exclusive and hand printed by a vibrant team. They are happy designs that make people smile. Some are funny, colourful, striking and tell a story.

■ **Investing in our team**
We nurture our team as

much as possible. Not only do we pay a premium for our products to be eco-friendly and ethically made, we also pay a premium for the lunches we provide as they are always organic and sourced locally when the choice is there. Although we pay a premium for these choices, we work hard to make our prices accessible.

■ Versatility

Our T-shirts are soft and breathable, stylish and easy to care for, making each one something you want to wear all the time. Our wrap is perfect for every day and all you need on a beach holiday.

■ Charity work

We love animals so giving back to the wildlife and environment is something close to our hearts. We support WWF, Born Free, Wildlife Trust and Battersea Cats and Dogs.

Go to emmanissim.com.

3 things to make you look great

Beth Allcock
@wharf.co.uk

1 **Cleanse and polish**
Liz Earle is the goddess of naturally active skincare, with her product range expanding from skincare to incorporate skincare and make-up, while still remaining true to naturally active ingredients that work on every skin type.

This plant-based cleanse and polish set – perfect for removing every last scrap of make-up – is the

brand's signature product, used with a hot muslin cloth to help unblock pores and refresh skin. Packed with purifying eucalyptus and skin-softening cocoa butter, it's an indulgent and eco-friendly addition to your daily regime.

Liz Earle Cleanse & Polish Hot Cloth Cleanser – 100ml pump starter kit, £14.95, right. Go to uk.lizearle.com.



Why wearing these tops will make you look and feel great

Beth Allcock meets a woman who wants to heal the world with her designs

I wasn't born ethical, I learned along the way," said Delphine Jean-Gilles, a familiar face at Greenwich Market since setting up stall with her eco-friendly clothing line three years ago.

"I have become more environmentally sensitive and when you have a child too it makes you realise you have to be more thoughtful about everything.

"As I was working on the business, I learned a lot of things and I developed them as I went along."

After being made redundant from her London-based interior design job in 2009, Delphine – originally from Paris – poured her creative talent into the fashion industry.

She set up her clothing business, RedDolphins, in 2010 after embracing the challenge of producing ethical t-shirts for a charity event and is set to expand her own t-shirt and sweater collections into the realm of sportswear.

Using organic cotton and bamboo fabrics sourced from a London-based factory, the Blackheath resident said she was a hands-on designer, printing her logos onto her clothing from her Charlton-based studio.

But despite having a range of such designs under her belt – spanning the



best-seller dandelion print to a bird cage and trees with flowers – the concept of an ethical, feel-good product has always underpinned her work.

"I wouldn't do it any other way," said the mum-of-one. "There's no way I would have a t-shirt that was made by children in a sweatshop, it's completely against my values."

"If doing it like that was the only way, I wouldn't have a business in retail. People are always happy to get something that's made ethically. It's just a matter of making it more stylish and affordable and cool."

"People want to wear something nice and a design that they like – you can't expect people to buy something just because it's a green product, that's just not real."

"A lot of the time, people talk of something ethical as something plain and when you Google organic clothes, a lot of designs are similar – there are trees, or a panda. My idea is to transform that into something different."

"I try to seduce people with the design and also make sure customers know it's made a certain way that doesn't hurt anyone and doesn't harm the environment."

With a five-year plan for her firm in Greenwich, Delphine said she was also looking to boost her profile in Scandinavia, New Zealand and Australia, where appreciation for green products is high.

"I'm keen to sell my products there," she said.

The RedDolphins Market stall can be found at Greenwich Market on Saturdays and Sundays.

Go to reddolphins.com or email delphine@reddolphins.com for more information.

MALL TRAWL

Deals, discounts, events and product launches in Canary Wharf and east London

JAEGER

Stratford offers free gifts for him and her

★ Jaeger's womenswear and menswear stores at Westfield Stratford City are offering gifts to both genders of shopper this season.

Women can take home a luxury Cashmere pashmina worth £150 with a £250 spend in Jaeger's womenswear store, while men can smarten up their attire with a free shirt and tie after purchasing a business suit. The offer runs until June 7.

Go to jaeger.co.uk.

NAILS INC

Special price on Denim Guest Manicure offered

★ If you're in need of a last-minute manicure that's bang on trend, head to Nails Inc in Cabot Place.

For just two more days, the salon will be offering the Nails Inc Denim Guest Manicure for just £15. Call 020 7519 1669 for details and bookings.



CHURCH'S

Free repair voucher plus discounts of 10-20% off

★ In need of some new footwear for the office or a special occasion?

Head to Church's for a free repair voucher when you buy two pairs of gentlemen's welted shoes.

Discounts of 10 per cent off gentlemen's and ladies' styles, as well as 20 per cent reductions on ready-to-wear styles are also available until May 31.

Call 020 7538 9730 for details.

BOOTS

Get a free gift from Estee Lauder's range

★ Leave Boots in Canada Place with an extra gift in your shopping bag courtesy of Estee Lauder.

The skincare and make-up brand is offering customers a free treat with two or more purchases.

To qualify, shoppers on the Wharf must buy at least one item from Estee Lauder's skincare or foundation collection.

Go to boots.com.

2 Hot slap
This seven-piece set offers an ideal introduction to the Bare Minerals collection.

The brand uses 100 per cent natural crushed minerals, providing flawless coverage and radiance. This collection includes lipgloss, lip colour, mascara and two eye colours. Bare Minerals Top Picks, £29, pictured. Go to bareminerals.co.uk.



BEAUTY TIP: Why not head to Re:Spa, in Reebok Sports Club, for a Bare Minerals make-under, costing £39?

3 Sort your hair out
This shampoo and conditioner set is perfect for happy hair, using a bilberry extract, linseed oil and Community Trade sugar to clean and nourish strands and produce shine.

The conditioner is packed with Community Trade soya oil and Aloe Vera too to inject moisture into the most frazzled of barnets.

Silicones, sulphates, parabens and colourants are banished for this 100 per cent vegetarian product for coloured hair.

In keeping with the shop's ethos, it's not tested on animals.

The Body Shop Radiance Shampoo, £2, and Conditioner, £4.50, right.

Purchase at The Body Shop in Cabot Place Mall. Go to thebodyshop.co.uk.



JAMES PERRIN



RedDolphins founder Delphine Jean-Gilles, above, wants to seduce consumers with her simple designs:
Left, Ladies' blue T-shirt, £20
Right, Ladies' jumper, £30
Inset opposite page, Ladies' birdcage T-Shirt, £20



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Travel

the Wharf TRAVEL CLUB

Bargains and ideas

Star bargain



★ Enjoy three nights for the price of two at Nobis in Stockholm between June 20 and August 9. £765pp (saving of £111) includes flights from Heathrow, private hire transfers, guide notes and B&B accommodation. Go to kirkerholidays.com.

See the ancient world flow by

CRUISE Take an archeological gulet cruise around Turkey with Peter Sommer Travels, taking in Ephesus, pictured, and other historic sites. Departing June 8, the trip costs £2,065pp (based on two sharing) including full board, transfers, guides and entrance fees. Flights are extra, however. Go to petersommer.com or call 01600 888 220.



Star bargain



★ Save £134pp on a seven-night break to Samos. Stay at Anastasia Apartments, boasting a freshwater pool and a beach nearby. The deal costs £538pp including flights from Gatwick and transfers. Departs June 13. Go to sunvil.co.uk.

Check out the chimpanzees

OFFER Home to over a thousand chimpanzees, the breathtaking Mahale Mountains National Park is one of the best places in the world for encounters with our nearest relatives. Go to Tanzania for an eight-day Chimpanzee safari, which costs from £3,964pp including accommodation with full board and tracking permits. Call Expert Africa on 020 8232 9777.



Above, boats in Morgan Bay. Insets: top, the pool at C'est la Vie and, below, a view over Morgan Bay from St James' Club

Drink in nature's paradise in luxurious surroundings

ST LUCIA

You can't beat the spectacular beauty of this Caribbean island, writes

Peter Woodman

There's no shortage of impressive beaches and stunning scenery in the Caribbean. But for spectacular views and awe-inducing landscapes St Lucia has the upper hand.

Covered by a thick blanket of rainforest, with jagged mountains rising from the ocean, it's a superb proposition for even the most seasoned Caribbean traveller. Mountains abound and you can visit sulphur springs in a volcano at Soufriere. Then there are the beaches – loads of them, easily accessible and with good swimming conditions.

What's more, the majority of hotels and restaurants on the island have been carefully positioned to capitalise

on the wealth of great views. It was my intention to sample as many as possible on a recent visit to the island.

I was staying at St James' Club in Morgan Bay, just north of the capital. With rooms perched over a lovely beach, the hotel has recently been taken over by the Elite Island Resorts hotel group and has had a spruce-up.

The resort is spread out, but golf-style buggies are on hand to get you to your rooms if the step-climbing becomes too arduous.

We also enjoyed a holiday within a holiday. We had been invited by British-born Michael Thom and his Italian wife Maria to sample C'est La Vie – an exclusive retreat the couple have created in secluded grounds at Trouya Pointe on the north-west coast.

There are just a handful of rooms, invariably taken up by groups with something to celebrate but who want to do it in relaxing circumstances.

As well as the attentive butlers to wait on them, guests get a pool in the grounds and plenty of peace and quiet. Both locations were fantastic for enjoying all the best St Lucia has to offer.

Highlights of the trip included one

FACTFILE



St James' Club, Morgan Bay

■ Peter Woodman flew to St Lucia with Virgin Holidays which offers seven nights at St James' Club Morgan Bay from £1,131pp on an all-inclusive basis including transfers. Prices are based on departures on June 28, 2013. Go to virginholidays.co.uk or call 0834 557 3870.
■ A seven-night stay at C'est la Vie starts from £1,209pp including breakfast and flights with British Airways. Book through Undiscovered Holidays (undiscovered-holidays.com or call 020 7193 7674).
■ Contact Affordable Car Hire (affordablecarhire.com) for car hire on the island.
■ Go to stlucia.org.

of the most scenic restaurants in the world – Dasheene, part of the Ladera resort, high up near the town of Soufriere. It's one of tourism's most envied locations. The food was pretty good but the view was something else – overlooking two towering volcanic peaks – the Pitons.

Another island beauty spot – Marigot Bay – lies just a little south from Castries. The bay is a protected cove immensely popular with visitors.

the Wharf TRAVEL CLUB

It was here that the 1967 film *Doctor Doolittle*, starring Rex Harrison, was shot and we ate by the waterside at Doolittle's – delicious.

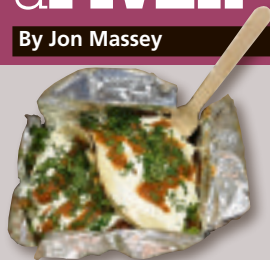
With so many trails and viewpoints to explore, St Lucia never disappoints. It's no surprise so many artists and photographers come here seeking inspiration.

Holiday brochures and paintings can hint at the island's true beauty. But you have to see it for yourself.

Food

Food for a FIVER

By Jon Massey



Spicy chicken soft tacos
Wahaca, £5.50

At the end of this review you'll find five black stars. But don't be fooled. These are 24-carat, diamond studded little pips smeared all over with liquid saffron and sprinkled with mermaids' tears.

Whether it was just the perfect melange of tastes at the right time or genuine greatness, it's impossible to tell.

But the lime, the coriander, the heat, the firm, pliable tacos.

What was I doing with my lunchtimes before discovering this delight? Wasteful, wasteful.

Repeat after me. I shall pop down to Wahaca this lunchtime and order the chicken soft tacos to go. This is not an advert, I am not in the pay of gap-toothed *Masterchef* darling Thomasina Miers (although some of my tombstone gnashers could probably give her a run for her money). I merely want to spread the word.

Sure, ordering at the bar feels weird and awkward. It's a poor system in an otherwise smoothly laid back establishment.

But it won't prevent me from evangelising about this sublime boxed treat.

Our verdict

Go and get one – you'll thank me for it, I promise

★★★★★

Ethical eats

Eating healthily only leaves you feeling good. **Beth Allcock** reviews two restaurants which aim to improve the lives of others as well

REVIEW

Jamie Oliver's Fifteen

Old Street

When the bubbly waitress at Fifteen announced the plates at Jamie Oliver's restaurant were "designed for sharing", my partner shot me a sceptical look.

Our palates are chalk and cheese. I'm all fresh vegetables, pungent cheeses and fish. He's meats and butter-soft potatoes with Italian herbs.

So we turned to something we can always agree on – the wine – before attempting to resolve our differences.

A bottle of La Belle Maison Sauvignon Blanc (£23) whet our tastebuds well, in the restaurant's lovely, relaxed dining space.

The newly-refurbished venue, which uses its profits to provide unemployed people with a better future, has a mouth-watering menu of daily dishes from executive head chef Jon Rotherham.

And, with the help of a little explanation from our waitress – I'd never encountered Pink Fir before (It's a potato), we chose dishes of varying prices, all designed in a tapas-style sharing way.

The selection of sourdough, rye and focaccia breads (£4) seemed a safe place to start, served with butter and chicken butter.

The beautifully-presented portions were impressive. As we progressed through plates of moreish beef broth with its immediate horseradish hit from the dumplings and sweet tang of beetroot (£7), juniper cured salmon complimented perfectly with the chervil and balanced by fresh cream and crackers (£9) and creamy, cheesy



Jamie Oliver's refurbished Fifteen is both restaurant and social enterprise

dish packed with nutty Pink Fir, hints of garlic and the must-have beer onions (£8), we were sharing converts.

The concept is at its heart, whether its spreading good through its profits or flavours through its expertly cooked food.

As the dishes' arrival was staggered throughout the evening, delivered fresh from the oven, it's the perfect place to unwind over a few hours.

The warm, cosy vibe produced by the food and sense of community

seduced me so much that I managed to share my delicious desert – rhubarb and custard éclair (£6). Now that's real altruism.

Jamie Oliver's Fifteen, 15 Westland Place, London N1 7LP, 020 3375 1515, fifteen.net.

Our verdict

Sharing both profit and flavour seduces at Oliver's reboot

★★★★★

Homeless charity serves up a mixed menu

REVIEW

Brigade

Tooley Street

The prospect of hearty British fare within a fire station-turned-restaurant seemed the perfect fit for a Saturday night out.

Social enterprise Brigade offers those at risk of homelessness a chance to shine in the kitchen through an in-house apprenticeship scheme and the feel good factor hit as soon as we stepped inside.

The dining space is slick and chic with exposed brickwork and an open-plan kitchen, meaning shouts of "service!" spatter the experience – a nice touch for those who, like me, consider themselves *Masterchef* boffins.



Brigade's chic interior

But, it was an atmosphere of two halves, with the buzzy feel of Brigade's adjacent bar failing to penetrate the restaurant space – we were one of only three tables for the majority of our meal.

The immaculately-presented

starters successfully took the edge off the awkward feeling. My partner's scotch egg and potted pork belly (£8.95) was a visual delight, with a runny yolk and mouth-watering crackling in hearty apple chutney.

My sweetcorn and basil soup (£5.95), while not proffering the same visual impact, was a beautifully light and fresh start to the meal, with a strong but not overpowering taste.

But while presentation remained strong throughout, taste was the victim in my main course.

Ravoli of samphire and goat's cheese (£15.50) promised a salty, creamy combination encased in a pasta shell but arrived a soggy mush, washed up in a watery vegetable soup – presumably served as a substitute for the melted tomato compote, to which I'm allergic.

It was a sorry offering compared to my partner's tasty steak and oxtail burger (£15.95), with a relish that tingled on the tongue. I can only assume the middle course was a taste blip, as my creamy Mille Feuille (£7.95) stole the show in the dessert round.

Its tower-like presentation and perfectly matched flavours of spiced apple, juicy sultana and hints of ginger offered a sweet excuse for a return visit.

Brigade, The Fire Station, 139 Tooley Street, London SE1 2HZ, 0844 346 1225 thebrigade.co.uk.

Our verdict

Hopefully a drab main was blip rather than the norm

★★★☆☆

HMS Belfast bar to open

THAMES TIPPLE



★ The Upper Deck Bar on board HMS Belfast is set to open on June 17 featuring views of the ship and Tower Bridge.

The outdoor cafe bar can accommodate 50 diners for drinks and dinner and is available to hire for private events.

Go to iwm.org.uk or email hmsbelfast@sodexo.com.

IN SEASON

Lamb's tender at this time of year



★ It might break your heart, but now's the time to tuck into lamb. Pop down to your butcher's and secure a leg to roast for hours and hours in wine until it falls off the bone.

Fine food for all the family

FURTHER AFIELD

★ Kaspar's Seafood Bar and Grill at The Savoy has launched a series of family literary lunches.

The first will take place on July 6 featuring former writer in residence Michael

Morpurgo, pictured, who will read extracts from *Kaspar Prince Of Cats* based on the restaurant's namesake.

The events are best suited to families with children aged eight and up. Tickets are £47 for adults and £29 for children. Go to kaspars.co.uk for bookings.



GETTY

WLTm

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
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
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Women seeking men


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Send : CHATUP018 To : 60109 (T&C's below)

SARA 23yr old brunette, brown eyes, very attractive with nice smile and great personality, looking for male 30-45yrs for LTR. Looking unimportant. Tel No: 0906 500 3729 Box No: 405093 

CAROLE fair hair, blue eyes, 5ft 7ins, likes countryside, beach, walks, cooking, pubs, socialising, seeks sincere, kind male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 369949 

TO REPLY TO ADS WITH  TEXT THE BOX NUMBER TO SHORT CODE 63222. i.e. TEXT: 123456 to short code 63222

JAN outgoing 40yr old lady, on my own and feeling a bit lonely, looking for male for meals in/out, companionship and take it from there. ACA. Tel No: 0906 500 3729 Box No: 405069 

ANGELA, adventurous beauty seeks discreet man for pleasing times. Age/looks unimportant. ACA. Tel No: 0905 002 1952 Box No: 355761

AVA divorced black lady 39, medium build, attractive, fit/active, varied interests, WLTm loving kind male 40-60, for friendship and fun. Status unimportant. Tel No: 0906 500 3729 Box No: 404843 

TRACY 37, 5ft 8ins, blue eyed blonde, OHAC, likes gym, horses, walking, seeking ltr with caring trustworthy nice male, with or without ties. Tel No: 0906 500 3729 Box No: 404839 


Hi guys Diane here, friendly, easygoing with many interests and a romantic, tactile temperament, seeking Knight in Shining armour, pls get in touch for a chat. Tel No: 0906 500 3729 Box No: 404697 

SUE 38 slim brunette nurse, very pretty, chatty, outgoing, enjoys life, seeks tall fun loving guy who will enjoy similar interests and make me feel safe and loved. Tel No: 0906 500 3729 Box No: 404695 

DINA 27 discreet blue eyed pretty female, loves pub meals, cosy nights in with good company, looking for easygoing relationship with no pressure just fun. Any age. Tel No: 0906 500 3729 Box No: 404675 

LOOKING for Knight on Bike. Hippo Goth Rock chick 52 into heavy rock, black metal, country, bike rallies and more, looking for male with similar interests. Tel No: 0906 500 3729 Box No: 405057

YOU can't have everything in life but you can have some fun with Katerina, sexy busty figured lady. If you are discreet call now. ACA. Tel No: 0905 002 1953 Box No: 347317

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. Tel No: 0906 500 3729 Box No: 404931 

YOUNG looking Essex lady, 60's, likes meals out, country pubs, boot sales, most things, seeking someone nice, 64-70, genuine for friendship, maybe more. Tel No: 0906 500 3729 Box No: 404811

FEMALE likes cinema, meals out, walks, seeking black male for friendship, relationship. Tel No: 0906 500 3729 Box No: 404473

ROSHAN 56yrs half Asian female seeking someone similar, sincere, honest, 56-60 for Ltr. No married men or time-wasters. Tel No: 0906 500 3729 Box No: 404391 


45YR old lady, single mum, older children, seeks mixed race/black gent, 42-46. Tel No: 0906 500 3729 Box No: 394366


WIDOW 58, tall, slim, blonde, smoker, likes sun, sea and sangria, ready to move on. Tel No: 0906 500 3729 Box No: 402853 

NEW friend wanted for single, decent, straight lady, 48 with good morals, N/S, GSOH, likes home life, cooking, nights out and fun. Tel No: 0906 500 3729 Box No: 402731

PICK AN ADVERT AND MAKE A DATE TODAY!

PRETTY woman, 58, slim, likes rock music, gigs, meals out, seeks kind, gentle, N/S, tactile white male, 5ft 8ins plus, 53-65 for LTR. No pets, car owner preferred. Tel No: 0906 500 3729 Box No: 403301

50 plus lady, looking for nice, handsome single guy, no ties for loving relationship. Tel No: 0906 500 3729 Box No: 403409 


Hi I am Sue 39, a slim good looking nurse with a happy go lucky, bubbly disposition looking for someone nice, caring, tactile and romantic to enjoy fun times. Tel No: 0906 500 3729 Box No: 404355 

SHARON 36, tall attractive, warm hearted, patient female, enjoys meals out, romantic walks, studies, WLTm similar considerate male for cosy nights in and more. Tel No: 0906 500 3729 Box No: 404031 

NINA black beauty, classy 21, loves to have lots of fun, seeks older man who is willing to come up with a few new ideas for adult fun times. Tel No: 0906 500 3729 Box No: 381361 

ATTRACTIVE slim lady early 60's, N/S, GSOH, likes music, walks, cinema, looking to meet nice gent for LTR and friendship. Tel No: 0906 500 3729 Box No: 404193 

SARA 36yr old blonde blue eyed nurse with a typical hour glass figure, likes gym, theatre, meals out, good wine, WLTm a nice someone 46-56 to relax with. Tel No: 0906 500 3729 Box No: 404555 

MANDY 36 curvy, dark hair, pretty, feminine, loves music, sport, movies, meals out, looking for a loving partner for a discreet but committed relationship. Tel No: 0906 500 3729 Box No: 404551 

ROSEMARY 48yrs, white, brown hair/eyes, 5ft 3ins, seeking understanding, caring, romantic, genuine N/S male 49-63, car owner for friendship maybe more. Tel No: 0906 500 3729 Box No: 404129

LADY 64, young looking, kind, honest, caring, good-looking, tall, seeks male. Tel No: 0906 500 3729 Box No: 398275

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Men seeking women

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Ladies Text n' Chat. Text in now and chat to local people.
Send : CHATUP018 To : 60109 (T&C's below)

SLIM fit, kind, reliable, humorous, N/S late 60's male who enjoys walking, music, cinema, WLTm 60's good natured, reasonably fit lady for happy times. Tel No: 0906 500 3729 Box No: 405021


TOM 50yr old Company Director, considered good looking, seeking attractive black lady for day/night time fun times. Tel No: 0906 500 3729 Box No: 404101 

MEDITERRANEAN guy, nice looking, warm, romantic, loving, caring, likes cinema, weekends away, seeks lady, 35-55 for friendship, romance pampering and to spoil. Tel No: 0906 500 3729 Box No: 404379 

NICK 53, Londoner, white, outgoing, fun loving, honest, sincere, many interests, seeks likeminded black lady to share the good things in life with. Tel No: 0906 500 3729 Box No: 397631


ROMANTIC passionate guy 45, honest, friendly, likes dining, wine, travel, weekends away, pampering/spoiling, seeks lady to share good times. Tel No: 0906 500 3729 Box No: 383423

MALE 59, stocky, seeking white female, 40-70, loving, trustworthy for LTR. Tel No: 0906 500 3729 Box No: 404933 


WHITE single male, 40, 5ft 7ins, black hair, green eyes, N/S, non drinker, looking for independent N/S black African female, 20-40. Tel No: 0906 500 3729 Box No: 404795 


TAKE chance on me. Active reliable N/S male 68yrs, many interests, WLTm positive, warm hearted, slender, family-minded Essex lady. Tel No: 0906 500 3729 Box No: 404131

MICK 53, white, fun loving, honest, sincere, seeks likeminded black lady to share the good things in life, possible LTR. Tel No: 0906 500 3729 Box No: 404339

PETER N/S fit male seeks lady 55-65 for LTR. Likes Countryside, walks, animals, bowling, cinema, meals out and nights in. Tel No: 0906 500 3729 Box No: 404427 

SUCCESSFUL businessman seeks passionate large lady to be winned/dined and treated to exotic holidays abroad. Listen to my message. Tel No: 0906 500 3729 Box No: 404175 


WHITE male 61, 5ft 9ins, genuine, N/S, WLTm attractive female for LTR. Age unimportant. Tel No: 0906 500 3729 Box No: 404165 


DAVID 6ft, 58, fairly slim, very very light hearted, simply looking for LTR with pretty woman, unlimited by time constraints or choice of activities. Croydon. Tel No: 0906 500 3729 Box No: 397821 

HANDSOME affluent, sophisticated executive 55, medium build/height, seeks size 26 female to add sparkle and romance to his life. Tel No: 0906 500 3729 Box No: 404443 

ARE you fat? Think no one would fancy you? I would, Roy 50's attractive, romantic wants your friendship, maybe more. Tel No: 0906 500 3729 Box No: 404399

MEDITERRANEAN male, 39, 6ft, slim, brown hair/eyes, likes night's in/out, walks, seeks female, 39-55, looks/size unimportant. Tel No: 0906 500 3729 Box No: 338413 

50YR old male, GSOH, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 403657 

BLACK male 49, 6ft 2ins, shaved head seeking white female 30-50yrs. Tel No: 0906 500 3729 Box No: 404289 

BILL 65yrs, young at heart, N/S, employed, easygoing, daughter, 4 lovely grandchildren, looking for female for companionship, maybe more. Tel No: 0906 500 3729 Box No: 404223

TALL handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441 

MALE 59, seeks white female, mature, trustworthy, honest, loyal, bubbly, outgoing, 50 plus. Tel No: 0906 500 3729 Box No: 403051

PAUL 63, N/S, white, reliable, considerate, tactile, seeks romantic, understanding lady, 53-67 for LTR. Tel No: 0906 500 3729 Box No: 400131

BRIAN 50, 5ft 9ins, attractive, easygoing, GSOH, likes meals out, cinema, music, seeks attractive, white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 402633 

EUROPEAN guy, seeks black lady, 57 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 403063

TACTILE handsome man, 48, looking to meet lady, 30-60, colour/nationality/looks/size unimportant for fun times. Tel No: 0906 500 3729 Box No: 382245

JUNIOR 5ft 8ins, medium build, likes sports, theatre, animals, meals out, seeks mature female, 35-50. Tel No: 0906 500 3729 Box No: 394458 

MICHAEL good looking, 6ft, blond hair, blue eyes, seeks lady for friendship, love and romance. Tel No: 0906 500 3729 Box No: 402865

CHRIS 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. Tel No: 0906 500 3729 Box No: 390718 

Men seeking men

KEVIN 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 355984 

TEXT: CHATUP042  **txt CHAT**

TO: 60109*

START CHATTING TODAY!

*TEXT: 60109 Cost £1.50/msg received, for full t&cs see below



MEN TEXT FOR FUN!

*see t&cs below. No meetings implied or guaranteed. **Texts cost £1.50 per message** Help Desk: 0844 445 7707

OK so I'm single, have been for way to long now and thought I'd give this site a try! Not really sure what to expect?? Text **INGA** to 60109

I love life and I love living life. I enjoy the outdoors, travelling, restaurants, laughing, going to cultural events, and socialising Text **LISA45** to 60109

LOOKING for honest ppl.love going out n having fun. im a happy go lucky person always got a smile on my face Text **BRITTA** to 60109

BASICALLY I'm a fun person. I'm outgoing, confident, and live life to the full. Text **KATRIN** to 60109

YOU dont stop laughing because you grow old, you grow old because you stop laughing. Text **JENNY23** to 60109

IM not really a girly girl. I'd much rather stay at home with a dvd and lots of cuddles :) Text **PAM31** to 60109

I'M a chilled out individual who enjoys socialising . I'm looking for a guy with a gosh, who can make me laugh Text **DANIELLA** to 60109

I looking for someone to share my passion for travel, cooking, and most of all cuddles :) Text **PAIGE** to 60109

MMMMM me??? Im down to earth with a cheeky sense of humour and enjoy spending time with family and friends!! Text **JONNA** to 60109

JUST waiting for the right guy. Are you the one? How about we find out if you're the one. Send me a message and I'm sure to reply. Text **CHESKY** to 60109

FUN, bubbly, happy go lucky, single, mummy, work hard, play hard, friends, family, horse, gym, wine, movies, random nights Text **VALERY** to 60109

FUN loving, sensitive shy but extrovert, naughty but nice, very stubborn and strong willed which is why i need a real man Text **EMMA27** to 60109

I like going out meeting new ppl!!! i like funny guys sum1 tht can hold a gud convo...i like going out wiv friendz, food, gym, music Text **IDA** to 60109

WOMEN TEXT FOR FUN!

*see t&cs below. No meetings implied or guaranteed. **Texts cost £1.50 per message** Help Desk: 0844 445 7707

I'm a big personality with lots to say! Some find me quite challenging at times, which I take as a huge compliment. Text **EDDIE** to 60109

CALL CHARGES*: DATING 18+ and have the bill payer's permission. 090 calls cost £1.53 per min. plus network charges. Calls from Mobiles will be considerably higher. Calls are recorded and may appear on your bill. TEXT*: 88833 texts £1.50 per msg. Mobiles must be MMS/Wap compatible in order to use these services, if not contact your Network Provider. Text alerts are charged at £1.50 per character. To unsubscribe to text alerts, text DATING STOP to 63333. To cancel free match alerts, text STOP to 07781474042. For full T&Cs go to www.localdates-terms.co.uk/. REPLY BY TEXT*: 63222 costs £1.50 per SMS sent (max 150 characters). Service only available where phone icon show. Messages are moderated. Minimum 6 messages must be sent before contact details can be exchanged. To STOP text stop to 63222. Service provided by SportsAdults. Help: 08444457707. SMS TEXT CHAT*: 60109 costs £1.50 per SMS sent. This service is a virtual chat service meaning you will not be able to meet the people listed. To STOP text stop to 60109. Service provided by JMedia. Help: 08444457707. ALL SERVICES*: By texting any shortcode you consent to the owner of that shortcode sending you the occasional marketing message. To opt-out of marketing, please visit www.StopChatDateSmsMarketing.com DATA PROTECTION: Service provided by JMedia UK Ltd, SW4 7BX, 0844 800 1188. We will collect the details you provide and may send you details of other services and events operated by us. We may pass your details onto this newspaper for marketing or PhonePayPlus for regulatory purposes. W/C 30/05/13

the Road

With one eye on the speedo and the other on the open road



Super saloon is symptom of successes

Latest Flying Spur is everything that buyers look for in a luxurious Bentley

Chris Russon
The Wharf

There may be many more bicycles in Beijing than there are Bentleys but the British luxury car maker is acutely aware of the fortune China holds.

The Chinese love luxury and Bentley does luxury very well. And when it comes to cars what goes down best in China is a four door saloon, especially one with plenty of leg room in the rear.

So where more appropriate for Bentley to stage the debut drive of its £140,000 Flying Spur – the car it describes as the best luxury saloon in the world – than Beijing, capital of a nation where 2,253 Bentleys were sold last year, just 200 short of the firm's sales tally in America.

China is now Bentley's second biggest market behind America – the UK ranks third with 1,104 sales in 2012 – and across the world demand is booming, up 22 per cent year on year to 8,510 cars.

The Flying Spur is Bentley at its best – prestigious, powerful and posh.

It is the most powerful four door saloon Bentley has ever made with 616bhp coming from a hugely potent 12-cylinder, six-litre engine complete with two turbos.

The performance is awesome, with a 200mph top speed and a 0-60 time of 4.3 seconds, from a car which is 17ft 4ins long and weighs the best part

of three tonnes. Yet that is lighter than its predecessor by 50 kilos, an achievement that has improved fuel economy by 13.5 per cent to enable Bentley to claim 19.2mpg.

Other changes include a new damping and steering set up to give the car more feel and balance but not at the expense of Bentley's legendary ride refinement.

If anything the Flying Spur is significantly quieter inside than before and the car has moved into a niche of its own, dropping the Continental from its name.

It carries itself with grace and an edge of venom while inside classic Bentley touches and handcrafted



The spur's luxurious rear seats

finishes come together with touch-screen technology and a Breitling timepiece.

A multi-media system driven by a 64GB hard drive allows Wi-Fi connectivity on the move and, in the rear seats, a pop out remote control can be used to operate most of the car's facilities, ranging from the climate control to the individual DVD players that can be viewed from screens fitted into the back of the headrests.

On the W12 Mulliner model we drove there was even a sizeable refrigerator hidden away behind the back seat armrest.

Our drive from the traffic mayhem of downtown Beijing to the Great Wall of China at Jinshanling gave us almost



Above, the new Bentley Flying Spur stretches its legs in Beijing. Below, its stylish Breitling timepiece

300 miles to evaluate the car and every aspect of its dynamics impressed. So does the comfort, especially in the rear where space is immense.

Power is on demand, smooth on a gentle throttle but able to spit like fire if required.

On our drive average fuel consumption showed just shy of



17mpg which given the conditions was impressive for such a motor.

Rivals include the likes of the Mercedes S600, the Rolls-Royce Ghost and Aston Martin's Rapide and Bentley is pricing the Flying Spur from £140,900 for the W12 to £150,220 for the exceptionally well appointed Mulliner. A surefire hit.

Three into two does go

The idea of having two doors on one side of a car and just one the other sounds like madness in the making, but it's a theory Hyundai pressed ahead with on its Veloster model – and it works.

You would imagine the car would look ridiculous, but it doesn't and I tested a couple of non-car fanatics to make sure.

Hyundai introduced its 1+2 coupe model because it felt it would improve access to the rear seats and it does, especially on the side with the extra door.

But make no mistake, there is nothing gimmicky about the Veloster and the car I tried – a Turbo SE – looked stunning and

delivered the goods on the performance front too.

It boasts a low-slung, sporty stance with 18-inch alloys, a turbo rear spoiler with integrated LED tail light, LED daytime running lights and large sweeping front light clusters.

Acceleration is smooth and the car copes equally well in busy city centre traffic as it does on faster motorways and country lanes.

It proved great fun to drive and I'm surprised we don't see more of them on our roads today, especially when the one I tried only costs £21,995.

Maxine Ashford



Hyundai's Veloster features one door on the driver's side and two for the passengers

LondonEYE



LUKE MACGREGOR



HEATHER'S HERE

Heather Graham arrives for the European premiere of the film *The Hangover Part III* at the Empire Cinema. She reprises her role as sexy stripper Jade in the last instalment of the franchise and said: "I'm pretty boring in my real life. I don't really drink, I'm not that wild, so it's fun to play these wild characters on screen."

STEFAN WERMUTH



GERMANY INVADES

Bayern Munich's coach Jupp Heynckes celebrates with the trophy after winning the Champions League final at Wembley. Bayern Munich beat Borussia Dortmund 2-1.

OLIVIA HARRIS



HEATHROW HELL

British Airways passengers queue for customer services after flights were delayed and cancelled at Heathrow after short haul services were cut due to an emergency landing. A British Airways plane with 80 people on board made an emergency landing at London's Heathrow airport on Friday after the right engine burst into flames shortly after take-off and its casing ripped away

EDDIE KEOGH



UP THE PALACE

Crystal Palace's Wilfried Zaha, right, celebrates with Yannick Bolaise after beating Watford in the Championship play-off final at Wembley Stadium

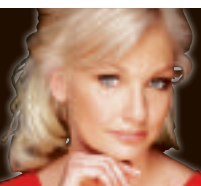
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Be a little more patient with your close ones. Listening, not speaking, can help you understand why they have been so difficult to live with.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

It's going to be far too easy for you to do things you'll regret. Make sure you keep company with those you know won't get you into too much trouble Pisces.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

It's actually those who work behind the scenes who can help you more than those out front. A dramatic day for family announcements looms.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Who do you want to be? I think you know, but you're too frightened to say it out loud. Close ones already know something is heavy on your mind.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Secrets you've been told are proving hard to keep, but try harder. The lives of people you care for are at stake. Business and pleasure come together.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Be a little more discreet with your work or you could be accused of being too commercial. Your more outgoing nature works wonders in social circles.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Single Leos, watch out for friends trying to set you up behind your back. Don't resist too hard as they seem to know what they're doing. Use that flirty smile.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Problems you've been having at home can be solved if you are willing to compromise. What was behind a friend's strange turn will be revealed.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

It's time to sit down and do your sums so you can work out what you can afford to do. Not doing so could see you turning something positive into a negative.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You want to make the best of your life but that's got to be about what makes you happy, not just what looks good to other people. Be totally honest.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Don't get involved in office politics until you know all the facts. If you're not careful you could end up casting yourself in an arrogant light Sagittarius.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Teaching and education can all enhance the events which will be taking place in your life later this year. You're never too old to learn from your mistakes.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

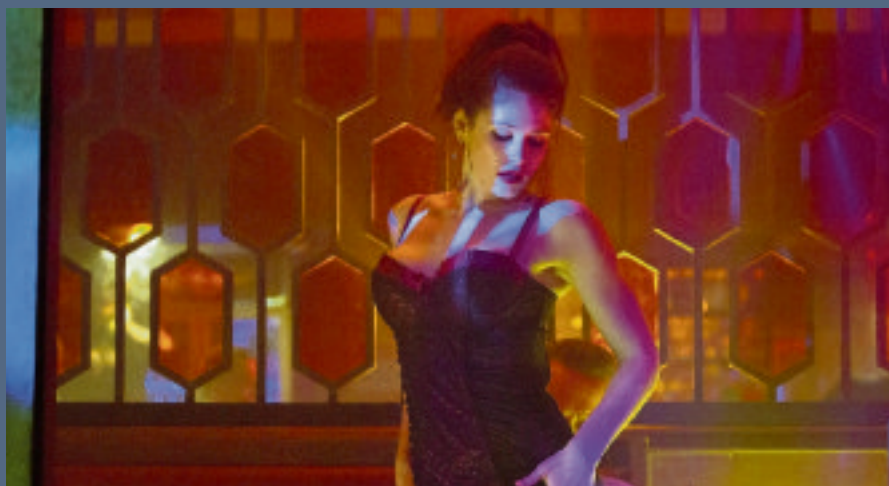
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Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



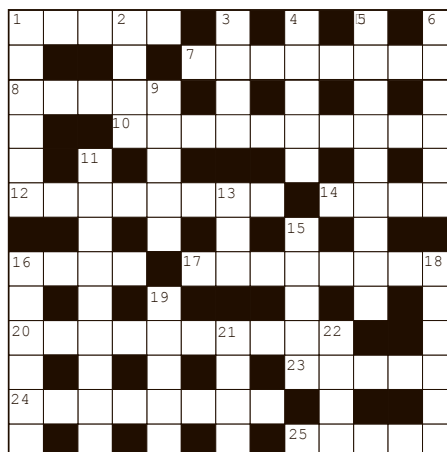
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

of this acclaimed British actress and Bond girl who stars in *Byzantium*. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is June 6, 2013.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

1. Of the foot (5)
7. Robots (8)
8. A month (5)
10. Interesting, significant (10)
12. Without error, precise (8)
14. Tribe (4)
16. Inter (4)
17. Plant type (8)
20. Having responsibility for (2,6,2)
23. A bet (5)
24. Thick slice of bread, informally (8)
25. Plural of penny (5)

DOWN

1. Fluid part of blood (6)
2. Cognate (4)
3. Extremely large (4)
4. One who donates something (5)
5. Military unit (9)
6. Gorge or ravine (6)
9. Truck (5)
11. Bird deterrent (9)
13. Also (3)
15. Shining (5)
16. Window shades (6)
18. Card game (6)
19. Not true (5)
21. Great delight (4)
22. Ticket money (4)

ACROSS: 1. Pedal; 7. Automata; 8. April; 10. Noteworthy; 12. Accurate; 14. Clan; 16. Bury; 17. Foxglove; 20. In charge of; 23. Fag; 24. Doorstep; 25. Pence. DOWN: 1. Plasma; 2. Akin; 3. Huge; 4. Donor; 5. Battalion; 6. Canyon; 9. Lorry; 11. Scarecrow; 13. Too; 15. Aglow; 16. Blinds; 18. Eclair; 19. False; 21. Glee; 22. Fare.

Sudoku

EASY

7			5		3	2		
3		5	2	9				
			7	1	6		5	
5	4	3		7	1	6	9	
9	7	1	4	6	2		8	
6	8	2	3					7
	9		6		8	1	2	
1	3		9	2	5	8	7	4
2		8	1		7	9	3	6

HARD

	7	6	9					
					3			
		9			4		6	
4	1	8	6					
9					8	1		
	5		3					
		2		3			7	
				6				
8						4		5

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net. For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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Wharf turns red for fight with disease

CANARY WHARF JOG

1,500 runners take to the streets to help conquer a killer

Beth.Allcock
@wharf.co.uk

Canary Wharf's streets ran red with the shirts of 1,500 big hearted fundraisers as they took to their heels to battle the UK's biggest killer.

Eager runners, determined walkers and gentle joggers took their places on the start line in Canada Square Park last Wednesday for the British Heart Foundation event, which aimed to raise £55,000 to fuel the charity's fight against the disease.

The Canary Wharf Jog's swarm of participants, some decked out in fancy dress or wearing memory cards pinned to their shirts, gathered in

Canada Square to dedicate their run to loved ones.

There, a team from Reebok Sports Club were on-hand to provide a warm-up to get the muscles moving.

The runners then took to the 1km circuit with the option to complete up to 10 laps around the estate.

Crowds lined the route to cheer the red-shirted Wharfers on, displaying banners or offering high fives to bring a smile to the faces of even the most tired participants.

BHF event organiser Kate Glover said: "Again we had fantastic support from Canary Wharf management, and participants have had a great evening running around the amazing towers."

"The BHF would like to thank everyone who took part including our sponsors, everyone who supported the joggers and all of our volunteers."

"Coronary heart disease is not beaten yet – it remains the single biggest killer in the UK – it's because of this support, we are able to continue our fight to find a cure."

Go to bhf.org.uk.



KAY LOCKETT

SPORT IN BRIEF

Rumour mill

Lomas could be heading for Den

MILLWALL Steve Lomas has emerged as the favourite to become the Lions' new manager.

Currently in charge of St Johnstone Lomas is odds on at 6/5 to take charge at The Den after Millwall denied offering the role to Liverpool and Germany defender Markus Babel.

Millwall chief executive Andy Ambler said his club has a short list of six. Alex McLeish and former Dundee boss Alex Rae are also thought to be in the mix.

Carroll may snub Irons for the Reds

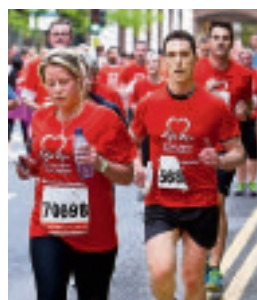
WEST HAM The Irons' grip on 24-year-old striker Andy Carroll may be slipping.

Despite agreeing a £15million deal with Liverpool for the player, West Ham may yet lose out following reports the forward is keen to fight for his place at Anfield or secure a shock return to Newcastle.

Meanwhile, the Irons received better news this week after their plans for the Olympic Stadium were approved by Newham Council on Tuesday. Mayor Boris Johnson will now consider them.



Above, left and below, Wharfers don red BHF colours for the 17th Canary Wharf Jog, aiming to raise £55,000 for charity



WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ Unbeaten filly **Banoffee** has been supplemented for the Oaks Epsom at 4pm tomorrow (Friday) at a cost of £30,000. She won a listed race at Chester last time out despite still showing signs of inexperience. She will have to settle better than she did that day but with more improvement likely she should go close at a decent price.

Andrew Riley

FOOTBALL

■ Jack Wilshere and Steven Gerrard were both influential figures when England defeated Brazil 2-1 at Wembley in February and their absences could be keenly felt in Rio. Brazil will be without their Spanish based players but still have an quality in their ranks and may be just too strong. Back them on Sunday.

Daniel Childs

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PROPERTY

Wharf

Canary Wharf's leading property guide



Put some
'20s pizzazz
into your
living space

P18

Agent has
released
prices by
Tube stop

P16

3

of the best
properties
available in
Docklands

P17



Arrival of Crossrail to boost Wharf markets

Knight Frank says link is good for residential and business [Pages 16-17](#)



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PROPERTY

Prices set to go up as Crossrail project pulls in

Properties within a 10-minute walk of new line's stops will perform best if you're looking for an investment

Kay Lockett
@wharf.co.uk

The arrival of Crossrail across the capital is significantly increasing property value around its planned stations, including Canary Wharf.

The estate's new station, currently under construction in West India Dock, is set to become a major focus for residential development, according to a report by estate agent Knight Frank.

Andrew Grocock, head of sales at the firm's Canary Wharf office, said: "The housing market has been so volatile, but we are now beginning to see peak prices of 2007 returning and Crossrail will mean there is a steady increase in values from now until 2018.

"Property within a 10 minute walk of Crossrail stations will out perform other areas and from our perspective we anticipate the market to be very good.

"There is a huge appetite from overseas investors as well as local people who are interested in buying in the 'hub' areas, which will provide competition and will mean prices increase.

"We know of 10 developments currently in the planning stage in and around



Knight Frank's head of sales for the Canary Wharf estate Andrew Grocock

Canary Wharf and Crossrail will have a long term positive impact on the market."

The report suggests out of all the stations, Canary Wharf has the biggest scope for residential development as a result of Crossrail.

It says the improved connectivity provided by the new frequent cross-city service, coupled with the speed of services will prove attractive to buyers.

Businesses will also benefit thanks to shorter commuting times and better access

NUMBERS

- £3billion – value of Canary Wharf housing stock within 10 minutes of Crossrail in 2012.
- Three million sq ft of residential, office and retail space planned above central London Crossrail stations.
- 10 per cent increase in London's rail transport capacity when Crossrail opens – the largest since the Second World War.
- Passenger numbers are expected to be in the region of 200million a year.

to international connections including a 30-minute reduction in the time it takes to get to Heathrow Airport.

Knight Frank's study also found better access to the West End as well as the infrastructure including shops and restaurants planned for the station would also make Canary Wharf more attractive to families looking to buy a home, whether or not they work in east London.

Canary Wharf Group chief executive Sir George Iacobescu said the arrival of Crossrail could double the number of workers who travel to Docklands to more than 200,000 by 2025.

Go to knightfrank.co.uk.

Central London prices displayed as Tube map

A LONDON Underground property map has been produced, revealing average prices and rental values for apartments around key central London Tube stations.

The most striking finding is the drop in price on the two parts of the Northern line, with the eastern branch significantly down compared to the section between Waterloo and Warren Street.

Another notable reduction – 150 per cent – is found on the Jubilee line over the few stops from Green Park to Southwark, south of the river Thames.

The guide has been put together by West End estate agent Wetherall in association with Dataloft.

Peter Wetherall, managing director of Wetherall said: "People talk about postcode power, but from our new map Londoners will be able to have an easy way to view dramatic property price and rental rises and falls between Tube stations. It's staggering to see."

Go to wetherall.co.uk.





The construction of Canary Wharf's Crossrail station is well underway in West India Dock



3 OF THE BEST

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Stratford, E15

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email4property.co.uk

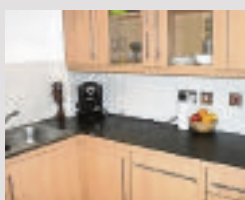
Spend more



Guide: £355,000
Lavender House, E3

A two-bedroom flat with a large balcony on bustling Commercial Road. Located on the block's second floor.
email4property.co.uk

Spend less



Guide: £129,995
Broomfield Street, E14

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email4property.co.uk



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**HOME
FRONT**

By Dawn Sandoval

Beware the promises of marketing

Q I am a first time property investor from Asia who bought in the UK for the first time last year following a property exhibition in Singapore. Unfortunately I was completely trusting in the glossy brochures and was subsequently horrified to learn what I thought was a luxury apartment in an "up and coming area" on the Crossrail route is actually in an area that is considered as one of the least desirable parts of London and the tenants are causing me nothing but trouble. Is there anything I could have done that would have offered me some protection?

A Unfortunately when buying from abroad it is so easy to fall into this trap. Great marketing material can make virtually anything look desirable – that's why developers hire companies to do this for them.

It is, however, easy to be hoodwinked into thinking you are buying something good that

is not that hot unless you are prepared to do your own due diligence.

As always most investors are looking to buy in the next up and coming area. They are

“ Don't take the word of a developer at face value **”**

keen to make a quick buck before others catch on.

But to do this you need to know your market. You can't get to know it merely by reading speculative reports such as what might happen if a Crossrail station were to pop up in your chosen area.

When examining projects from abroad don't make assumptions. For instance, it's easy to sell the idea that a new transport connection will make a less privileged area the hip place to be overnight but, in reality, this seldom happens.

Don't just take a developer's word for something and reserve a property on the back of a great marketing suite and a glossy brochure.

If you can't get over to the country you're looking to buy in, then speak to people in the know be they agents who are familiar with the area or friends whose opinion you trust. Do your homework.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

'20s

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Furniture Village



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QVC

The Great Gatsby by F Scott Fitzgerald poster £10.95
The Literary Gift Company



Venetian bevelled mirror, £79.99, antique Louis chair, £99.99, Parisian chest of drawers, £349.99
Dunelm Mill





Computer generated image of New Capital Quay Courtesy of Galliard Homes.

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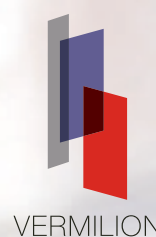
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Chase Evans



Baltimore Wharf, E14 **£499,995 L/H**

Two double bedroom apartment with balcony set on the fourth floor of this dockside development within walking distance of Canary Wharf. High specification throughout, luxury fitted kitchen and marble bathroom, 24 hour concierge and fully staffed on-site leisure complex.

Pan Peninsula 020 7536 7900



The Odyssey, E14 **£465,000 L/H**

Spacious two bedroom, two bathroom apartment on the fourth floor of this riverside development with 24 hour concierge and residents' gym. The property benefits from open plan kitchen, balcony with views of the river Thames and allocated parking.

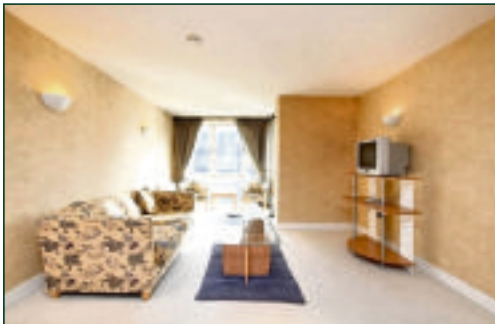
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Canary Central, E14 **£430,000 L/H**

Well presented, fifth floor, two bedroom, two bathroom, balcony apartment with secure underground parking in the Canary Central development offering 24hr concierge service, swimming pool, gymnasium, sauna and Jacuzzi. Walking distance to Canary Wharf.

Docklands 020 7510 8444



Arran House, E14 **£369,995 L/H**

Two bedroom, two bathroom, first floor apartment conveniently located close to the Canary Wharf Estate and Blackwall DLR. This property benefits from a private garage as well as a secure parking space and offers superb views over the dock to Canary Wharf and the O2.

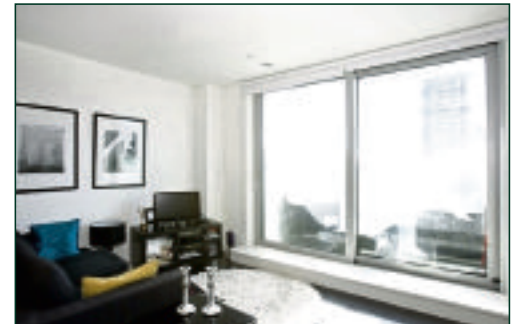
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Lanterns Court, E14 **£319,000 L/H**

One bedroom property on the ninth floor of this modern development with 24 Hr concierge and gym, located just a short distance from Canary Wharf and South Quay DLR. Fully fitted and appliance kitchen, wood flooring and stunning views of the Canary Wharf skyline.

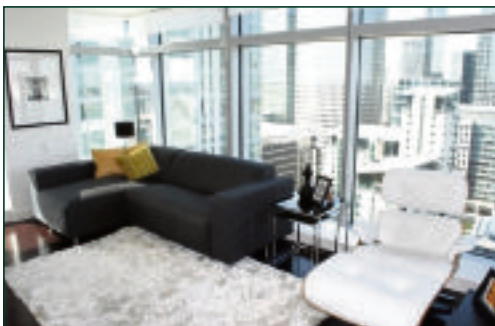
Canary Wharf 020 7515 1000



Pan Peninsula, E14 **£295,000 L/H**

South facing, 9th floor, studio suite with balcony situated in this highly desirable development within walking distance of Canary Wharf and offering 24hr concierge service, in house cinema, extensive fully staffed leisure facilities, 48th floor cocktail bar and waterside restaurant.

Pan Peninsula 020 7536 7900



Pan Peninsula, E14 **£570 pw**

Two bedroom, two bathroom, designer furnished apartment set on the 29th floor of this popular development. Offering superb city views, private balcony, marble bathrooms, leisure facilities, 24 hour concierge, cinema and cocktail bar. Walking distance to Canary Wharf.

Pan Peninsula 020 7536 7900



Maple Quays, SE16 **£475 pw**

Fantastic two bedroom, two bathroom property situated on the second floor of this recently built development with 24 hour concierge and gymnasium just a short distance from Canada Water jubilee line station. The property features a large wrap-around balcony and open plan kitchen.

Docklands 020 7510 8444



The Sphere, E16 **£265 pw**

One bedroom, designer furnished apartment on the fourth floor of this modern development with 24 hour security located just minutes from Jubilee Line and DLR connections. East facing views, open-plan kitchen and contemporary bathroom suite. A short walk to the Royal Docks.

Canary Wharf 020 7515 1000

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Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

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e docklands@hollandproperties.co.uk

t 020 7538 5554

Surrey Quays office

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t 020 7231 8160

**Rubicon Building, SE10**

- One bedroom apartment
- Underground parking
- Wooden flooring throughout
- Balcony
- Furnished
- Walking distance to Greenwich station

£315 p/w**Friars Mead, E14**

- One bedroom apartment
- Off street parking
- Peaceful location
- First floor

£215,000 Leasehold

- Ideal rental investment
- Walking distance to DLR

**Pierhead Lock, E14**

- Two double bedrooms
- Balcony with views towards river
- Secure underground parking
- Two bathrooms
- Reception with dining/ study space
- Walking distance to Canary Wharf

£404 p/w**Perry Court, E14**

- Two double bedrooms
- Balcony with side river views
- Fourth floor
- Two bathrooms

£384,995 Leasehold

- Secure parking
- Walking distance to DLR

**Boardwalk Place, E14**

- Two double bedrooms
- Popular modern development
- Concierge
- Two bathrooms
- Wooden flooring
- Walking distance to Canary Wharf

£475 p/w**Boardwalk Place, E14**

- Two bedroom apartment
- Balcony with dock views
- Concierge
- Two bathrooms

£495,000 Leasehold

- Secure parking
- Walking distance to Canary Wharf

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Toronto House, Maple Quays, SE16

Metro Village are very proud to present exclusively to the market this gorgeous one bedroom apartment in Toronto House, which is available at the end of June 2013. This wonderful property is located on the second floor of Toronto House, and benefits from beautiful views over the canal and over the lake with its resident swans and ducks! Furnished to a very high standard, this property is presented in an immaculate condition.

£360 Per Week



Brampton House, Maple Quays, SE16

Brampton House is one of the final phases of the award winning development Maple Quays located at the heart of the multi-million pound regeneration of Canada Water, located on the doorstep of Canada Water station. Beautifully furnished to an incredible standard & boasting gorgeous wooden flooring throughout. The apartment is 533 square feet and is just moments from Canada Water tube station providing easy access to central London. Available immediately, call now to arrange a viewing.

£375 Per Week



Montreal House, Maple Quays, SE16

An absolutely gorgeous two double bedroom, two bathroom property on the third floor of Montreal House, part of the highly sought after Maple Quays development at Canada Water. Both bedroom are a great size, and the apartment is offered furnished to an excellent standard. Available June 2013, call now to arrange a viewing.

£465 Per Week



Fairmont House, Maple Quays, SE16

Metro Village are bursting with pride to present to the market this stunning three bedroom, two bathroom luxury apartment in Fairmont House. The property itself is offered furnished to the highest standard, and is located within the Maple Quays development on the doorstep of Canada Water station. Residents benefit from access to the private and very well equipped gymnasium (open 24 hours), and there is a 24 hour concierge service.

£580 Per Week

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IN MAPLE QUAYS
CANADA WATER**

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NEW APARTMENTS
AVAILABLE NOW**



Ontario Point, Maple Quays, SE16

This gorgeous two bedroom, two bathroom property is located on the 12th floor of the brand new Ontario Point, the pinnacle of the Maple Quays Development in the heart of Canada Water, and so you have the opportunity of being the first lucky occupiers in this truly sumptuous apartment. There are stunning views over the city skyline including Tower Bridge, the Shard, The London Eye & Westminster to name just a few.

£550 Per Week



Victoria House, Maple Quays, SE16

This brand new property will complete in June 2013, and will be furnished to an excellent standard with brand new interior designed furnishings throughout and will benefit from brand new fitted and integrated kitchen. A great size & with lovely views over the private central courtyard.

£500 Per Week



Vancouver house, Maple Quays, SE16

A fantastic one double bedroom on the sixth floor of Vancouver House, part of the exclusive and highly desirable Maple Quays development on the doorstep of Canada Water station. Furnished to a very high standard in neutral and modern style, this stunning apartment boasts gorgeous wooden flooring throughout, and is fully applanced with integrated kitchen appliances including fitted fridge/freezer/oven/hob/microwave and dishwasher. The washer/dryer is located in a separate laundry cupboard.

£370 Per Week



Victoria House, Maple Quays, SE16

Metro Village are utterly delighted to present this astounding quality & larger than average (over 581 sq ft) apartment in Victoria House, part of the highly sought after Maple Quays development at Canada Water - moments from the station! With use of the private residents' gym & concierge service included. Furnished to an extremely special & luxurious standard by Hatch interiors and with views over the private courtyard, this is truly not to be missed.

£375 Per Week

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

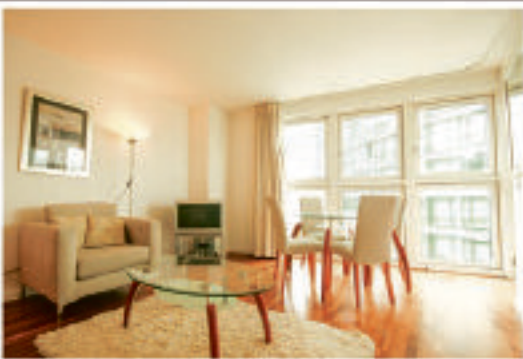
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New Providence Wharf E14

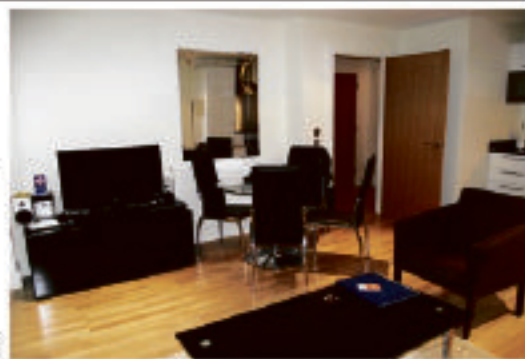
- Available Immediately
- Resident Gymnasium
- Close to Royal Victoria DLR
- 24hr Concierge
- 17th Floor Apartment



1 1
£320.00 per week

Denison House E14

- Available Mid June
- Walking distance to Canary Wharf
- Close to South Quay DLR
- 1 Gb/s broadband available



1 1
£330.00 per week



Lowry House, Canary Central - E14

The property offers 530 sq ft of living space and is presented in fine order with all fixtures and fittings being of high quality. The apartment includes secure allocated underground parking.

Asking Price £275,000.00 1 1

New Providence Wharf - E14

The property benefits from a balcony with partial river views and plenty of natural light. Fixtures and fittings are of a very high standard and hard wood flooring is laid throughout. New Providence Wharf offers an array of facilities including a 24 hour concierge service, luxury leisure complex with swimming pool and gym and additional on site facilities including a coffee shop.

Asking Price £320,000.00 1 1



Cobalt Point Lanterns Court E14

- Available Now
- Gymnasium Facilities available
- Parking Included
- 24 Hour Concierge
- 1 Gb/s broadband available



2 1
£460.00 per week

Denison House Lanterns Court E14

- Available Now
- Walking distance to Canary Wharf
- 1 Gb/s broadband available
- On Site Gymnasium
- Parking Included



3 2
£550.00 per week

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SOLD

- Two Bedroom
- Charlton
- Third Floor Flat
- Separate Kitchen
- Leasehold
- Investment

Staunton Road, SE8 £160,000

UNDER OFFER

- Two Bedroom
- 2nd Floor
- Modern
- Newly Refurbished
- Street Parking
- North Woolwich

Pier Road, E16 £165,000



- Newly Refurbished
- Garden
- Three Bedroom
- Driveway
- House
- Double Glazed

Tunnel Avenue, SE10 £339,950

SOLD

- Charlton
- Separate Kitchen
- Two Bed
- Third Floor
- Leasehold
- Investment

Fairlawn, SE7 £112,950

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- Extended Kitchen
- Driveway & Garden

Grenada Road, SE7 £229,995



- Duplex Penthouse
- Balcony & River Views
- Allocated Parking x1
- Two Bedroom
- 10th & 11th Floor
- Spacious – Must See

Hutching's Street, E14 £849,950



- Two Bedroom Flat
- Leasehold
- First Floor
- £12,000 P/A Rental Income
- 96 Years Remaining
- Vacant/Tenanted

Alexandra Avenue, HA2 £224,950

SOLD

- One Bedroom Apartment
- Leasehold
- First Floor
- £14,400 P/A Rental Income
- 120 Years Remaining
- Greenwich Station

Tarves Way, SE10 £249,000

193 Trafalgar Road Greenwich, London, SE10 9EQ | **020 8858 0990**



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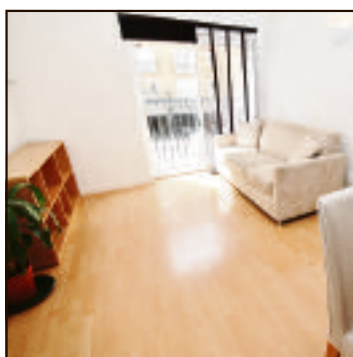
www.rubiconestates.co.uk



Unicorn Building, E14

- One large Bed
- River Views
- Balcony
- Concierge

£320 per week



Lockview Court, E14

- One Bedroom
- Fully Furnished
- Fully Fitted Kitchen
- Gated secure Parking

£310 per week



Island Row, E14

- One Bedroom
- Balcony
- Concierge
- Allocated parking

£310 per week



Scotia Building, E14

- Two Double Bedrooms
- Furnished
- River Views
- Allocated Parking

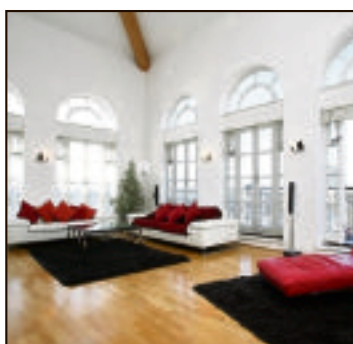
£385 per week



Orion Point, E14

- 2 Double Bedrooms
- Direct River Views
- Concierge
- Gym

£385 per week



Drake House, E14

- Three Bedrooms
- Penthouse
- Two Balconies
- Secure Parking

£895 per week



Basin Approach, E14

- Two bedrooms
- Marina views
- Two bathrooms
- Balcony

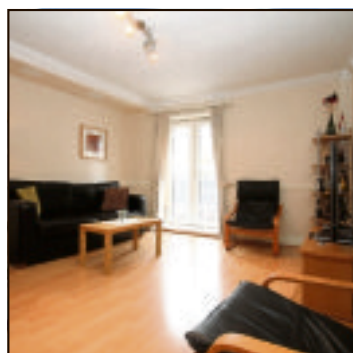
£440,000 Leasehold



Island Row, E14

- Two bedrooms
- Secure parking
- Two bathrooms
- Balcony

£335,000 Leasehold



Regents Gate House, E14

- One bedrooms
- Secure parking
- Spacious kitchen
- Secure parking

£310,000 Leasehold



Ionian Building, E14

- One bedroom
- Fourth floor
- Balcony
- Secure parking

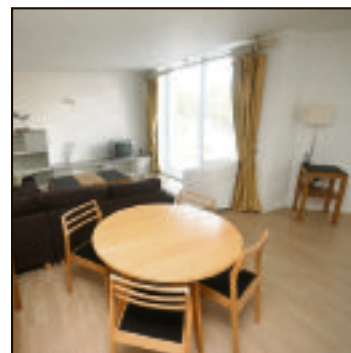
£310,000 Leasehold



Dunbar Wharf, E14

- Two bedrooms
- River views
- Two bathrooms
- Secure parking

£650,000 Leasehold



The Mosaic, E14

- Two bedrooms
- Fourth floor
- Secure parking
- Two bathrooms

£410,000 Leasehold

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£30 pw

Secure underground parking space in Corona Building. Short walk from canary wharf, Jubilee line station and Blackwall DLR.

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** Terms and conditions apply*



Leman Street, E1
£925 pw

2 bed 2 bath luxury apartment set in a restored edwardian building. Located on the edge of the heart of the city.



Wards Wharf Approach E16
£460,000

3 Bed 2 bath apartment located along river Thames with unrestricted views. Includes 2 Parking spaces and gym.



Baltimore Wharf, E14
£999,000

Panoramic 2 bed 2 bath apartment with 2 terraces and ample living space. Canary Wharf located within walking distance.



Corona Building, E14
£335,000

2 Bed 2 Bath, 716 sq.ft. Walking distance to Canary Wharf and has underground parking.

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Ashpark House, Westferry, E14

- One double bedroom
- Private balcony
- Good condition
- Top floor

£185,000



New Providence Wharf, Canary Wharf, E14

- Stunning Apartment
- Ample space
- River views
- Leisure facilities

£350,000



Boardwalk Place, Canary Wharf, E14

- One double bedroom
- Immaculately presented
- Spacious
- Secure parking

£379,999



Neutron Tower, Canary Wharf

- Two double bedrooms
- Concierge
- Modern development
- Leisure facilities

£385,000



Arnhem Wharf, Westferry, E14

- Two double bedrooms
- Top floor
- Share of Freehold
- Secure parking

£495,000



Imperial House, Limehouse, E14

- Two double bedrooms
- Desirable development
- Immaculately presented
- Secure parking

£499,999



Taylor House, Canary Wharf E14

- One bedroom apartment
- Walking distance to Canary Wharf
- Private Balcony
- Fully Furnished

£325 per week



Basin Approach, Limehouse E14

- One bedroom apartment
- Private Balcony
- Marina Views
- Secure Parking

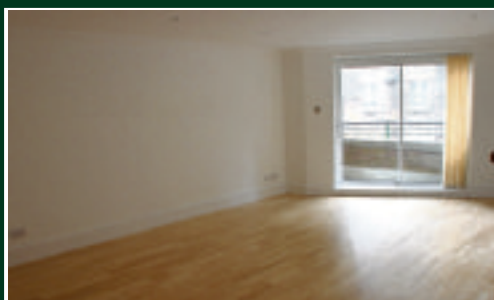
£355 per week



Lime Kiln Wharf, Limehouse E14

- Two bedroom apartment
- Private Balcony
- Two bathrooms
- Secure Parking

£380 per week



Molines Wharf, Limehouse E14

- Two double bedroom apartment
- Newly Refurbished
- River Views
- Secure Parking

£450 per week



Jamestown Way, East India E14

- Four bedroom townhouse
- Fully Furnished
- River Views
- Private Garage

£595 per week



Phoenix Wharf, Limehouse E14

- Luxury two bedroom apartment
- Private Balcony
- River Views
- Secure Parking

£695 per week

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Victoria Wharf, E14

£699,950 Share of Freehold

A 4th floor 968sq ft 2 bedroom 2 bathroom apartment in the sought-after Victoria Wharf development. The property boasts excellent South-facing river views from its sizeable reception & balcony, a prime location on Narrow Street & secure parking. EPC Rating C



Cumberland Mills Square, London E14

£625,000 Share of Freehold

An unusually large 3 bedroom 2 bathroom 3rd floor apartment with direct river views in the secure & quiet Cumberland Mills development located close to Island Gardens. Benefits from 24 hour porterage, & parking. EPC Rating C



Ocean Wharf, E14

£500,000 Share of Freehold

An 881sq ft 3rd floor 2 bedroom, 2 bathroom riverside apartment in this sought-after development located on within close proximity of Canary Wharf. Features include: large terrace on the river, parking, concierge & on-site gym. Offered chain free. EPC Rating C



Ionian Building, E14

£425,000 Leasehold

A 973 sq ft 2 bedroom 2 bathroom apartment in the well-located Mosaic development on Narrow Street in the heart of Limehouse. The property is presented in excellent internal order, having been fully modernised throughout. Secure parking included. EPC Rating D

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Cubitt Wharf E14

£550 per week

A spacious 3 bedroom apartment with exposed brick work, smart interiors, excellent location and stunning views over both The Thames and O2 Arena. The property is placed on the 3rd floor and further comprises a large reception room, spacious kitchen with integrated appliances, master bedroom with en suite bathroom, a further two bedrooms and bathroom. EPC Rating D



Baltimore Wharf E14

£350 per week

A modern apartment in this popular development walking distance to Canary Wharf and all its amenities. The apartment boasts spacious reception with balcony that boasts Canary Wharf and dock views, fully fitted open plan kitchen, double bedroom with fitted wardrobes, modern bathroom and storage. The development has 24 hour concierge, gym and is located next to Crossharbour DLR. EPC Rating B



Pan Peninsula E14

£575 per week

A stunning and stylish corner apartment on the 14th floor of one of the most sought after developments in Canary Wharf - Pan Peninsula. The property boasts views across London including the O2 and river from the floor to ceiling windows, 2 double bedrooms both with fitted wardrobes, 2 bathrooms, stylish open plan kitchen/reception with a south facing balcony and secure valet parking. EPC Rating B



Coral Apartments E14

£695 per week

A fabulous; 3 double bedroom apartment benefiting from a large open plan reception with stunning views of Canary Wharf and the O2 arena and with access to a large private balcony. The property benefits from secure underground parking, 24 hour concierge service and the development is located moments from Royal Victoria DLR station. EPC Rating D

West India Quay E14

£500 per week

A spacious one bedroom apartment on the 2 ; 8th floor of this premier development in the heart of Canary Wharf. Ideally located for all of the amenities and transport links Canary Wharf has to offer. The property is furnished to the highest degree and the development also benefits from a 24 hour porter. EPC Rating B

Berkeley Tower E14

£475 per week

A fabulous one double bedroom apartment in this desirable development in the heart of Canary Wharf. The property benefits from very generous rooms, master bedroom with side river views, fitted wardrobes and large en suite, separate WC, generous reception and separate fully fitted kitchen. EPC Rating B

St Davids Square E14

£350 per week

A modern apartment in this popular riverside development. The property benefits from 2 double bedrooms, one bathroom, open planned kitchen reception with access to a generous private terrace overlooking the courtyard with distant river views. The development benefits from 24 hour porter, gym and swimming pool and is located close to Island Gardens DLR. EPC Rating E

Jamestown Way E14

£725 per week

A magnificent townhouse enjoying sweeping views of the River Thames & O2 Centre. The property benefits from 4 bedrooms, 3 designer bathrooms with under-floor heating, a large eat-in kitchen, a rear garden, integral garage and private driveway. Jamestown Way is located within the portered Virginia Quay development and is approx 300 metres from East India Quay DLR Station. EPC Rating C

Anchorage Point E14

£495 per week

A modern river facing 2 bedroom apartment within this popular riverside development. The apartment benefits from a spacious reception, a balcony with direct river views, fully fitted kitchen and allocated parking. The development itself has a porter, gym & swimming pool and is located walking distance from Canary Wharf and all its amenities. EPC Rating D

Storehouse Mews E14

£550 per week

A modern 3 bedroom semi-detached house located very close to Canary Wharf. The property benefits from a modern finish, high ceilings, paved garden & an excellent location approx 100 metres from Westferry DLR Station for easy access to The City. EPC Rating C

Explorers Court

£300 per week

A modern apartment ideally located close to East India DLR. The property comprises 1 double bedroom, 1 modern bathroom, a fully fitted kitchen and private balcony. The apartment boasts excellent storage and the development has a daytime porter. Available 15th July 2013. EPC Rating C

Bartholomew Court E14

£325 per week

A generous one bed property in Virginia Quay. The development benefits from a concierge and is close to East India Dock DLR station which provides excellent links to Canary Wharf and the City. The property benefits from wood flooring, balcony and allocated parking space. Available 8th June 2013. EPC Rating



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** (computer generated images for illustrative purposes only)

Avant Garde, E14

A 22nd floor sub penthouse in the highly sought after Altitude Apartments. This 1017sqft apartment is due to be completed by late 2013 and will offer stunning views of Canary Wharf, the Olympic Park, Tower Bridge & the City of London. The development itself is centred in Shoreditch, arguably the most fashionable part of East London located only 200 meters from Shoreditch High Street and underground station. Further benefits include gym, 24hr concierge as well as roof terraces, sky gardens. Parking included. **EPC-B.**

£1,100,000 Leasehold



Pepper Street, E14

An outstanding three bedroom, two bathroom waterside property offering spectacular views across the dock to Canary Wharf. 1701ft² of internal space stretched over three floors plus terraces of over 320ft² including a ground floor waterside terrace and integral garage. A unique and spacious property located within close proximity of a gym, several pubs and restaurants, a Tesco store, Crossharbour DLR station and enjoys easy access to Canary Wharf Underground station and business and shopping district. **EPC-D.**

£1,200,000 Leasehold





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Hodgeson House, E1

£300pw

- Brand New Studio
- Balcony
- Concierge
- Tower Gateway DLR



Baltimore Wharf, E14

£310pw

- 6th floor studio
- One Bathroom
- 24hr Concierge
- Crossharbour DLR



Indecon Court, E14

£330pw

- Luxury Apartment
- One Bedroom
- South Quay DLR
- Allocated parking



Landmark West, E14

£340pw

- South Quay DLR
- 24 Hour Concierge
- One Bedroom
- Luxury Apartment



Casson Apartments, E14

£370pw

- Two Bedrooms,
- Two Bathrooms
- Balcony
- Langdons Park DLR



Canary Central, E14

£400pw

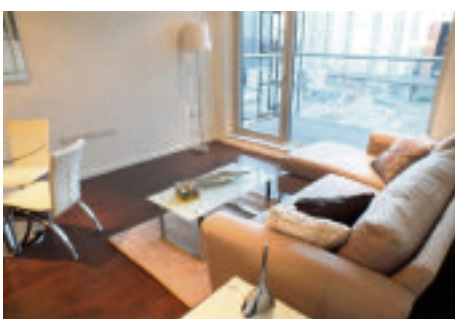
- Two Bed, Two Bath
- Balcony & Allocated Parking
- Leisure facilities and Concierge
- South Quay DLR Station



Vicinity House, E14

£410pw

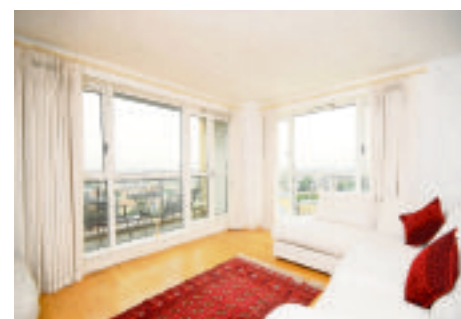
- Two bed, two bath
- Duplex apartment
- Furnished
- Westferry DLR



Baltimore Wharf, E14

£460pw

- Luxury Apartment
- Two bed, two bath
- 24hr Concierge
- Crossharbour DLR



Canary Riverside, E14

£650pw

- Two Bed, Two Bath
- Two balconies
- Parking & 24hr Concierge
- Westferry DLR

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VICTORIA GATE GARDENS, SE10

£975,000

Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking.

GREENWICH
020 8293 8555
Ref: FJL027103774
EPC - B



STRAIGHTSMOUTH, SE10 **£650,000**

Accommodation comprises three bedrooms, two bathrooms, guest WC, kitchen/diner, reception, and a private rear garden. The property is laid out in a very user friendly fashion, and suits modern living perfectly.

GREENWICH 020 8293 8555
Ref: FJL027103072 | EPC - C



TRAFALGAR GROVE, SE10 **£825,000**

Accommodation comprises four bedrooms, two contemporary bathrooms, open plan reception and luxury kitchen, guest WC, private rear garden and driveway to the front for off street parking.

GREENWICH 020 8293 8555
Ref: FJL027103878 | EPC - C



KNOT HOUSE, SE1

Guide Price £735,000 - £755,000

Found within this quiet central Shad Thames development is this two bedroom, two bathroom split level apartment. Offering separate kitchen, two balconies, porter and secure underground parking this property is sure to attract quick interest.

SHAD THAMES 020 7089 6490
Ref: FJL027604338 | EPC - B

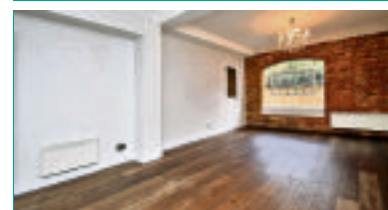


THE CIRCLE, SE1

£945,000

This stunning penthouse apartment has been finished to the highest of specifications and extends to over 1200 sq ft with full length terrace, luxury Poggenpohl kitchen, fabulous boutique en-suite bathroom and secure underground parking.

SHAD THAMES
020 7089 6490
Ref: FJL027604368
EPC - D



EAGLE WHARF, SE1 **£925,000**

Situated on the fifth floor of this impressive Shad Thames warehouse conversion is this spacious, recently refurbished, two bedroom, two bathroom apartment. Featuring exposed brickwork and pillars, multi-paned windows and private terrace, this beautiful property is a fine example of warehouse living.

SHAD THAMES 020 7089 6490
Ref: FJL027604337 | EPC - C

PAVILLION HOUSE, SE16

£525,000 - £550,000

A two/three bedroom split level apartment in this popular gated development in excess of 1300sqft internally. The property is located next to Canada Water underground station.

SURREY QUAYS
020 7237 2320
Ref: FJL113200678
EPC - C



ROPE STREET, SE16 **£560,000 - £580,000**

A three bedroom maisonette located in a cul de sac perfectly positioned overlooking Greenland Dock and South Dock marina. With its parking space and direct access to the peaceful waterside setting on Rope Street peninsula.

SURREY QUAYS 020 7237 2320
Ref: FJL113200640 | EPC - C



BELLAMYS COURT, SE16 **£460,000 - £490,000**

Situated in a gated development, this two bedroom, two bathroom corner apartment directly on the River Thames with views across the water to The City and Canary Wharf. All the rooms in this flat are a good size and with a river view from most of the rooms.

SURREY QUAYS 020 7237 2320
Ref: FJL113200531 | EPC - C

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London, E14 9SH

Felicity J. Lord



FALCON WAY, E14 £249,995

A top floor west facing one bedroom apartment with fantastic views over Clippers Quay. This well located apartment is within walking distance to Canary Wharf and Mudchute DLR.

CANARY WHARF
0207 987 6776
Ref: FJL026904002
EPC - C



ANTILLES BAY APTS, E14 £499,995
Being one of the larger apartments within the building this two bedroom dock facing property measures just under 1000 sqft and comes with a large balcony offering wonderful views across South Quay and toward Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904081 | EPC - C



WOTTON COURT, E14 £595,995

A stunning, contemporary styled two double bedroomed, two bathroom apartment measuring approximately 1000 Sqft in size and offering some of the most amazing far reaching river views.

CANARY WHARF 0207 987 6776
Ref: FJL026903818 | EPC - C



ARNHEM WHARF, E14 £499,950

If you are looking for a great view of The River Thames then look no further. This 947sqft duplex apartment comes with some of the best views in the area. With spacious rooms and a contemporary interior, this well located apartment must be viewed..

CANARY WHARF 0207 987 6776
Ref: FJL026904010 | EPC - C



VERMEER COURT, E14 £374,995

This beautifully presented two bedroom split level apartment has stunning views over The River Thames and Canary Wharf. Positioned on the 2nd and 3rd floors of this well located development, within walking distance to Canary Wharf.

CANARY WHARF
0207 987 6776
Ref: FJL026904069
EPC - C



FRANCIS CLOSE, E14 £419,995

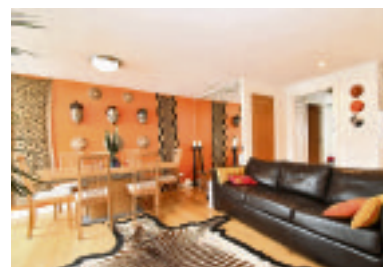
A rare 3 bedroom house with large garden within this well located private development, close to Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904049 | EPC - C

PEPPER STREET, E14 £499,995

This rare to the market apartment measures close to 1000sqft and comprising of two large double bedrooms, both with dock views, large living room, separate kitchen and two large dock facing terraces.

CANARY WHARF
0207 987 6776
Ref: FJL026904072
EPC - C



PIERHEAD LOCK, E14 £449,995

This well proportioned apartment has bright easterly views towards The River Thames. With spacious rooms and a contemporary interior this conveniently located property also comes with two bathrooms, balcony and gated parking.

CANARY WHARF 0207 987 6776
Ref: FJL026903649 | EPC - C



GALAXY BUILDING, E14 £695,000

Offering truly spectacular views towards Canary Wharf and The River Thames is this large three double bedroom sub-penthouse apartment. With double height ceilings and floor to ceiling windows this stunning property is a must see.

CANARY WHARF 0207 987 6776
Ref: FJL026903948 | EPC - C

ALAN SELBY AND PARTNERS

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Seacon Tower, E14

- £499,995
- Two bedroom apartment
- Secure parking
- River/City view
- 4th floor
- Chain free



Aegon House, E14

- £309,995
- One bedroom apartment
- Top floor
- Great location
- Stunning views over Canary Wharf
- Excellent condition



Streamlight Tower, E14

- £495,000
- 3 bedroom apartment
- Last unit remaining
- New build
- 24 hr concierge
- 9th floor



Waterman Building, E14

- £530,000
- 2 bedroom apartment
- 5th floor
- Secure parking
- 24hr concierge
- Chain free



Hayfield House, E1

- £345,000
- 2 bedroom apartment
- Top floor
- Stunning condition
- Secure parking
- Excellent condition



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Redchurch Lofts, E2

- £899,995 - £1,475,000
- 1-3 bedroom apartments
- Prime London location
- Loft style living
- Bespoke development
- Limited units available



UNDER OFFER

City Harbour, E14

- £689,995
- 1320 Sq ft
- 3 bedroom apartment
- 2 secure parking spaces
- Share of freehold
- Prime location



Cyclops Wharf, E14

- £274,995
- One bedroom apartment
- Secure parking
- 24 hr concierge
- Gym & Swimming pool
- 601 sq ft



UNDER OFFER

New Providence Wharf, E14

- £745,995
- Premier apartment
- 2 bedrooms
- Stunning river views
- Valet parking
- 24hr concierge & facilities



Baltimore Wharf, E14

- £274,995
- Studio suite
- 8th floor
- 24hr concierge
- Excellent leisure facilities
- Chain free

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- Free WIFI
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- Various Availability



City Tower, E14

- £320 Per Week
- One Bedroom
- Sought After Location
- Good Transport Links
- Fully Furnished
- Available July



Vanguard Building, E14

- £375 Per Week
- One Bedroom
- Balcony
- River Views
- 24 Hour Concierge
- Available June



Boardwalk Place, E14

- £450 Per Week
- Two Bedrooms
- Two Bathrooms
- Secure Parking
- 24 Hour Concierge
- Available now



Victoria House, SE16

- £375 Per Week
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- New Build
- Brand New Furnishings Throughout
- Amtico Wood Flooring
- Available Now



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AND PARTNERSEPC
Rating:
B**Galaxy Building, E14**

- £440 Per Week
- Two Double Bedrooms, Two Bathrooms
- Fully Furnished
- Extremely Spacious Apartment
- Secure Allocated Parking Space
- Available June 2013

EPC
Rating:
G**Orion Point, E14**

- £685 Per Week
- Two bedroom
- Penthouse apartment
- Two bathroom
- Open plan living area
- Parking space

EPC
Rating:
C**Apollo Building, E14**

- £320 Per Week
- Leisure Facilities
- One Bedroom
- 24 Hour Concierge
- Sought after location
- Available Now

**The Heron, EC2Y**

- £500 Per Week
- Sought after building and location
- Leisure Facilities
- Array of Studio, 1, 2 & 3 Bedroom apartments
- Modern and fully fitted kitchen
- Available Summer 2013

EPC
Rating:
C**Lovegrove Walk, E14**

- £375 Per Week
- Fully furnished
- Two double bedrooms
- Private terrace
- Two bathrooms
- Dock views

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KnightFrank.co.uk



Telegraph Place, Isle of Dogs E14

£250 per week

This one bedroom apartment has just been refurbished throughout and is furnished to a high standard. Bedroom, bathroom, reception room, kitchen. EPC rating C. Available furnished

KnightFrank.co.uk/Lettings

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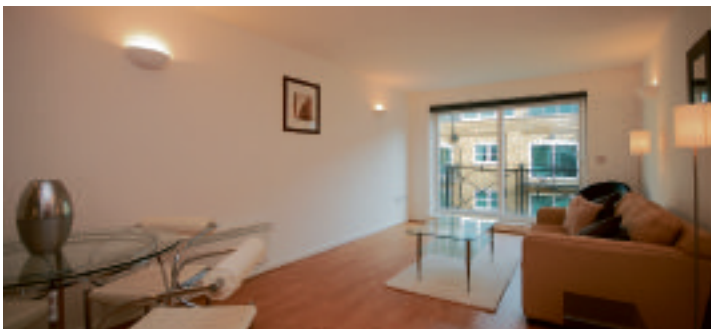
Coopers Close, Stepney E1

£250 per week

Superb apartment for rent in this sought after private development close to transport links. Bedroom, bathroom, reception room, kitchen, parking. EPC rating E. Available furnished

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The Grainstore, Royal Docks E16

£285 per week

Well presented one bedroom apartment to let with a balcony overlooking the courtyard. Bedroom, bathroom, reception room, open plan kitchen, concierge. EPC rating B. Available furnished

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Bartholomew Court, Isle of Dogs E14

£325 per week

Spacious one bedroom apartment with an impressive reception area and private balcony. Bedroom, bathroom, reception room, kitchen. EPC rating B. Available furnished

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New Providence Wharf, Blackwall E14

£330 per week

Spacious ninth floor apartment to let with balcony in a sought after development. Bedroom, bathroom, reception room, kitchen, leisure facilities, concierge. EPC rating F. Available furnished

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Gainsborough House, Canary Wharf

£340 per week

One bedroom apartment to let in the sought after centrally located Canary Central development. Bedroom, bathroom, reception room, kitchen, concierge. EPC rating C. Available furnished

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Arnhem Wharf, Canary Wharf E14

£350 per week

One bedroom apartment located on the sixth floor within walking distance of Canary Wharf. Bedroom, bathroom, reception room, kitchen balcony, concierge. EPC rating C. Available furnished

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New Providence Wharf, Blackwall E14

£350 per week

Ninth floor apartment to let with superb balcony in a sought after development. Bedroom, bathroom, reception room, kitchen, leisure facilities, concierge. EPC rating F. Available furnished

KnightFrank.co.uk/Lettings

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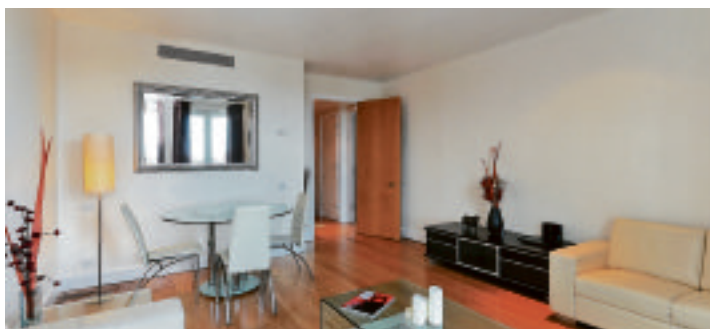
Constable House, Canary Wharf E14

£360 per week

One bedroom apartment to let in an exclusive gated development close to Canary Wharf. Bedroom, bathroom, reception room, kitchen, concierge, gym. EPC rating B. Available furnished

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Eaton House, Canary Wharf E14

£460 per week

Fully furnished apartment to let within one of Canary Wharf's most prestigious developments. Bedroom, bathroom, reception room, kitchen, parking. EPC rating C. Available furnished

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Newell House, Limehouse E14

£330 per week

Split level two bedroom apartment close to Westferry DLR and Canary Wharf. 2 bedrooms, bathroom, reception room, kitchen, parking. EPC rating E. Available furnished

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Hallmark Court, Limehouse E14

£350 per week

Contemporary two double bedroom duplex apartment located in Silver Wharf on the Limehouse Cut canal. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. EPC rating B. Available furnished

KnightFrank.co.uk/Lettings

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Hudson House, Bow E3

£360 per week

Two bedroom apartment to let situated within a canal side development. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating B. Available furnished

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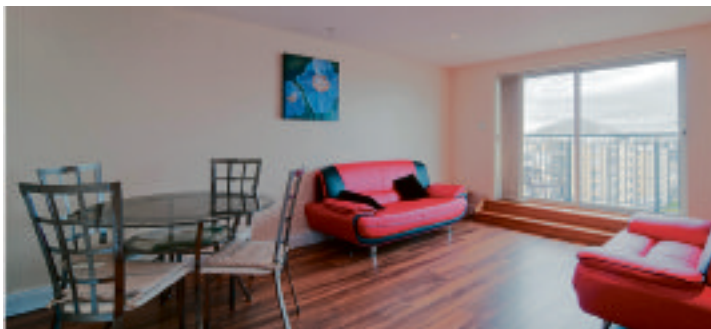
Wheatsheaf Close, Isle of Dogs E14

£370 per week

Two bedroom apartment to let in a quaint development close to Mudchute DLR. 2 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating C. Available furnished

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Studley Court, Canary Wharf E14

£375 per week

Spacious two bedroom apartment with balcony and extensive river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available furnished

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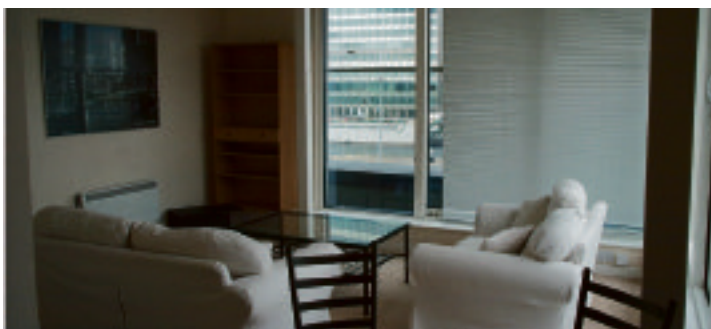
Flynn Court, Canary Wharf E14

£410 per week

Fantastic two bedroom apartment to let just a short walk from Westferry DLR. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating C. Available furnished

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Boardwalk Place, Canary Wharf E14

£425 per week

Furnished two bedroom apartment close to Canary Wharf and with good views of the Millennium Dome. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating D. Available furnished

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Proton Tower, Canary Wharf E14

£435 per week

This two bedroom apartment with balcony is located on the 18th floor. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, gym. EPC rating B. Available furnished

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Cascades Tower, Canary Wharf E14

£440 per week

Two bedroom apartment located on the 16th floor with stunning views toward Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen, leisure facilities, parking. EPC rating D. Available furnished

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Cobalt Point, Canary Wharf E14

£445 per week

Fantastic two bedroom apartment located within the popular Millharbour development. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, gym. EPC rating C. Available furnished

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Aurora Building, Blackwall E14

£450 per week

Spacious two bedroom apartment to let located in the Lighthouse development. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating D. Available furnished

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Apollo Building, Isle of Dogs E14

£450 per week

Spacious two bedroom duplex apartment with bright reception room. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, parking. EPC rating D. Available unfurnished

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Port East, Canary Wharf E14

£495 per week

Second floor two bedroom apartment located in an impressive warehouse conversion. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. EPC rating E. Available furnished

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Arnhem Wharf, Canary Wharf E14

£595 per week

Two bedroom duplex apartment to let with three balconies. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available unfurnished

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Vanbrugh Park, Greenwich SE3

Available Now

Substantial house set over four floors and boasting a separate annexe with studio room, bathroom and kitchen. This newly renovated property benefits from high ceilings and beautiful features throughout. 5 bedrooms, 4 bathrooms, 2 reception rooms, kitchen, utility room, garden, balcony.

Available unfurnished

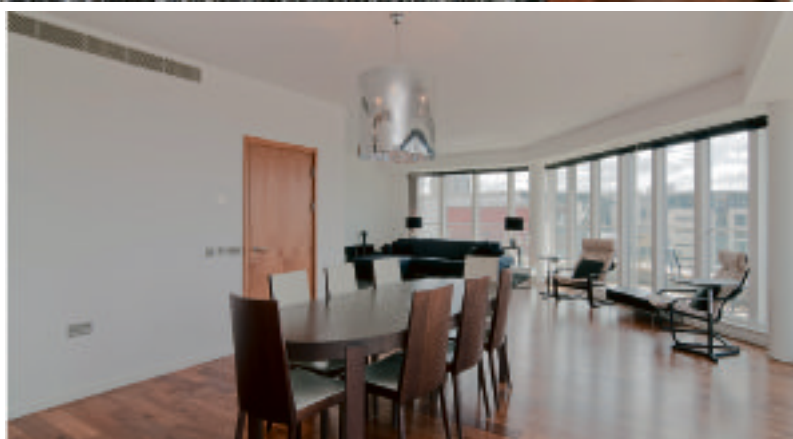
Guide price: £2,500 per week

(CWQ178459)

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Naxos Building, Canary Wharf E14

Available Now

Contemporary two bedroom duplex penthouse to let spread over 1,650 sq ft. The apartment is fully furnished and includes a balcony and terrace facing West overlooking the river. 2 bedrooms, 2 bathrooms, reception room, kitchen, utility room, concierge, gym. EPC rating D.

Available furnished

Guide price: £995 per week

(CWQ126975)

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wj. meade

Established 1953

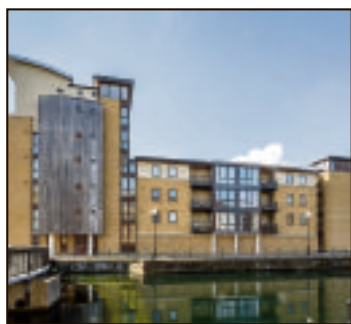
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**Canary Wharf, E14**

W.J. Meade are pleased to offer this superbly well presented first floor apartment within a desirable riverside development, closely situated to Canary Wharf. Set behind security gates off a quaint pebbled street, the property comes with a private garage. Boasting direct views over the river towards the O2 Arena, internally arranged over 605 ft with a dual aspect reception room open plan to fully fitted kitchen, West facing balcony, double bedroom with fitted wardrobes and stylish shower room.

£325,000 L/H**Bow, E3**

W.J. Meade are delighted to offer for sale this fourth floor apartment within this private purpose built block. The many outstanding features include two double bedrooms, large attractive living room with open plan kitchen area, bathroom, under floor heating, south facing balcony, communal terrace, lift to all floors, allocated off street parking set behind electronic security gates. Close to Roman Road local shops and amenities. Walking distance to Bow and Bromley-by-Bow Underground stations as well as Bow Church DLR which provides easy access to both Canary Wharf and Westfield Shopping Centre.

£339,995 L/H**Limehouse Cut, E14**

An outstanding loft style apartment within this purpose built building, part of the historic Spratt's gated community next to the Limehouse Cut Canal. The many outstanding features include two bedrooms, amazing 31ft. reception room with high ceilings, balcony, designer fitted kitchen area, gas central heating and underground parking space. Situated within walking distance to Langdon Park DLR, many local shops and amenities. This property is ideal for purchasers working in the West End, City and Canary Wharf.

£649,999 L/H**Isle Of Dogs, E14**

An impressive three double bedroom apartment overlooking the river and towards Greenwich. Arranged over 1038sq ft with a large reception room, adjoining balcony, fitted kitchen and two bathrooms. Situated on the 5th floor of the popular St David's Square development, enjoying communal swimming pool, gymnasium and leisure facilities. On-site concierge and secure parking. Close proximity to Island Gardens DLR and the Thames Clipper River Bus service.

£495 pw**Poplar, E14**

W.J. Meade are delighted to offer for sale as sole agents this Victorian period ground floor conversion. This apartment is arranged over 524 sq ft and consists of lounge, double bedroom, kitchen, bathroom, own rear garden and offered on a chain free basis. Located with convenient access to either East India DLR or Canning Town underground station.

£175,000 L/H**Bethnal Green, E2**

W.J. Meade are pleased to offer this well presented two double bedroom, top floor apartment overlooking the Regents canal and Wrennigreen Green. Arranged over 761sq ft with two bathrooms, fitted kitchen opening to a large reception, two balconies and allocated parking. The property has been redecorated to a contemporary standard and benefits from gas central heating, loft storage and security entry phone. Well situated close to Victoria Park, Bethnal Green and Mile End stations. Chain free.

£395,000 L/H**Victoria Park, E3**

W.J. Meade are delighted to offer for sale this modern Town House set within the Driffeld Conservation Area set behind electronic security gates. The many outstanding features include designer fitted kitchen/ breakfast room, reception room, own terrace overlooking the Canal, four bedrooms, bathroom, guest cloakroom, allocated off street parking, fully alarmed, gas central heating, fully double glazed, separate side entrance. Walking distance to Roman Road where you have many local shops, stores and amenities and the street market. Also, easy access to Bethnal Green and Mile End central line station.

£750,000 F/H**Bromley-by-Bow, E3**

Seconds away from Bromley by Bow tube station, second floor two double bedroom apartment, fully furnished, open plan kitchen lounge, south facing balcony overlooking the River Lea, private parking available, 6 month let, ideal for professional sharers, available May for long Let.

£325 pw

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**PUBLIC NOTICE**

Flat 6, Shale Court, 88B Romford Road, Stratford, London, E15 4FD.

We are acting in the sale of the above property and have received an offer of £275,000 on the above property. Any interested parties may submit any higher offers in writing to the selling agent before exchange of contracts takes place. The energy performance rating is 83 (B).

**Stratford, E15**

Offering for sale this one bedroom modern apartment set in this sought after development opposite stratford station and the westfield shopping complex. This property is ideal for a first time buyer or a buy to let investment.

£220,000 L/H**Stratford, E15**

One bedroom ground floor purpose built flat located close to West Ham Station (District, Jubilee, Hammersmith and City Line, National Rail and DLR). Within easy reach of Stratford Station and The Westfield development also comes with ample parking. This property is an ideal first time purchase or buy to let investment.

£130,000 L/H**Stratford, E15**

A chance of luxury contemporary living set in this just completed Victorian school conversion, meeting all your modern day living requirements. The property has lift access to the upper floors, some having private gardens, whilst many have mezzanine floors, en-suite bathroom/shower rooms and high ceilings. Giving a light and spacious all properties are unique. Available 4th of May to move in.

£1,650 pcm
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Felicity J. Lord

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£390 PW Fully Furnished**Beckton, E16**

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- Close To Local Amenities
- Energy Efficiency Rating C

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- Kitchen With Integrated Appliances
- Allocated Parking Space
- Energy Efficiency Rating C

£255 PW Fully Furnished**Galleons Lock, E16**

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- Private Balcony With Direct River Views
- Secure Underground Parking
- Energy Efficiency Rating B

£395 PW Fully Furnished**North Woolwich, E16**

- Available Beginning Of June
- One Double Bedroom Apartment
- Large Reception Room
- Stunning Layout
- Energy Efficiency Rating C

£250 PW Furnished Or Un-furnished**Galleons Lock, E16**

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- Open Plan Kitchen
- Private Balcony
- En-suite Bathroom
- Close To Local Amenities

£165,000 Leasehold**Canning Town, E16**

- Two Bedroom & Two Bathroom Flat
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- Private Balcony
- Secure Parking

£250,000 Leasehold**North Woolwich, E16**

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- Open Plan Fitted Kitchen
- Balcony With Partial River Views
- Energy Efficiency Rating C

£165,000 Leasehold**Barking, IG11**

- Offered Chain Free
- Two Bedroom & Two Bathroom Flat
- Second Floor
- Allocated Parking
- Close To Many Local Amenities

£229,950 Leasehold**Barking, IG11**

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- Private Balcony With Views Over London
- Close To Many Local Amenities

£179,950 Leasehold**Galleons Lock, E16**

- Two Bedroom & Two Bathroom Flat
- Large Open Plan Fitted Kitchen
- Balcony With Direct River Views
- Secure Underground Parking
- Energy Efficiency Rating C

£260,000 Share Of Freehold**Royal Quay, E16**

- Offered Chain Free
- Three Bedroom Penthouse
- Fully Fitted Kitchen
- Three Balconies
- Secure Underground Parking

£435,000 Leasehold**NOTICE OF OFFER**

Property Address: 107 Latitude Court, Albert Basin Way, London, E16 2QP. We advise that an offer has been made for the above property in the sum of £165,000.00. Any persons wishing to increase on this offer should notify the agents of their best offer before exchange of contracts.

Spencer James Residential Ltd, 8a Hartlepool Court, London, E16 2RL, 020 7474 3636.

**THIS WEEK'S LETTING
HOTSPOTS**

**This week we have registered
applicants looking to rent in:**

**Galleons Lock
Tradewinds Court
Capital East
Britannia Village**

**If you have a property to let in any of
the above please call us.**

www.spencer-james.co.uk



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Property Brokers

DOCKLANDS & CANARY WHARF



**STONEYARD LANE,
POPLAR, E14**
£299 pw

- Two bedroom apartment
- Secure gated development
- Furnished with car parking
- Available Now



**CALEDONIAN WHARF,
MANCHESTER ROAD, E14**
£300 pw

- One bedroom apartment
- First floor with parking
- First floor with balcony
- Available 5th June



**CAPITAL EAST APARTMENTS,
WESTERN GATEWAY, E16**
£475 pw

- Two bed penthouse duplex
- Balcony with courtyard views
- Situated on the 10th floor
- Available Soon



**ONE WEST INDIA QUAY,
HERTSMERE ROAD, E14**
£795 pw

- Two bed duplex apartment
- 1,587 sq ft on 13th & 14th Floors
- Furnished with Car Parking
- Available Now



**DENISON HOUSE,
LANTERNS WAY, E14**
£290,000

- Studio apartment
- Circa 392 sq ft on ground floor
- South facing balcony
- Close to South Quay DLR



**FAIRFOOT ROAD,
DEVON'S ROAD, E3**
£220,000

- Two bedroom flat
- Ex local authority
- Circa 736 square feet
- Tenanted until 9th July



**LANTERNS COURT,
MILLHARBOUR, E14**
£360,000

- One bedroom apartment
- Circa 538 sq ft on seventh floor
- Open plan living space
- Close to South Quay DLR



**THE PANORAMIC,
LONDON, E14**
£325,000

- Off Plan Opportunity
- One Bedroom Apartment
- 523 sq ft with balcony & city views
- Close to Langdon Park DLR

BLACKHEATH & GREENWICH



**FARNSWORTH COURT,
GREENWICH, SE10**
£345 pw

- Two bedroom apartment
- 825 sq ft on first floor
- Open plan living space
- Furnished with balcony



**NEWTON LODGE,
GREENWICH, SE10**
£365 pw

- One bedroom apartment
- Greenwich Millennium Village
- Circa 559 sq ft and furnished
- Available Now



**BLENHEIM COURT,
DENHAM STREET, E14**
£535 pw

- Four bedroom duplex flat
- 1,327 sq ft on second floor
- F / UF with secure parking
- Available Now



**THE KNOLL,
ELIOT HILL, SE13**
£923 pw

- Five bedroom house
- 3,500 sq ft over three floors
- Rear garden and conservatory
- Available Now



**KILBY COURT,
GREENWICH, SE10**
£349,000

- Two bedroom apartment
- Second floor with balcony
- Open plan living space
- 848 Square Feet



**MAURER COURT,
GREENWICH, SE10**
£450,000

- Two bedroom apartment
- Two balconies w/ river views
- Circa 969 square feet
- Car Parking included



**MAURER COURT,
GREENWICH, SE10**
£575,000

- Two bedroom apartment
- 6th Floor with terrace
- Panoramic views in all directions
- Car Parking included



**BLENHEIM COURT,
GREENWICH, SE10**
£449,950

- Two bedroom penthouse
- 1,001 square feet
- Panoramic views in all directions
- Excellent transportation links


www.RiverHabitat.co.uk

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